

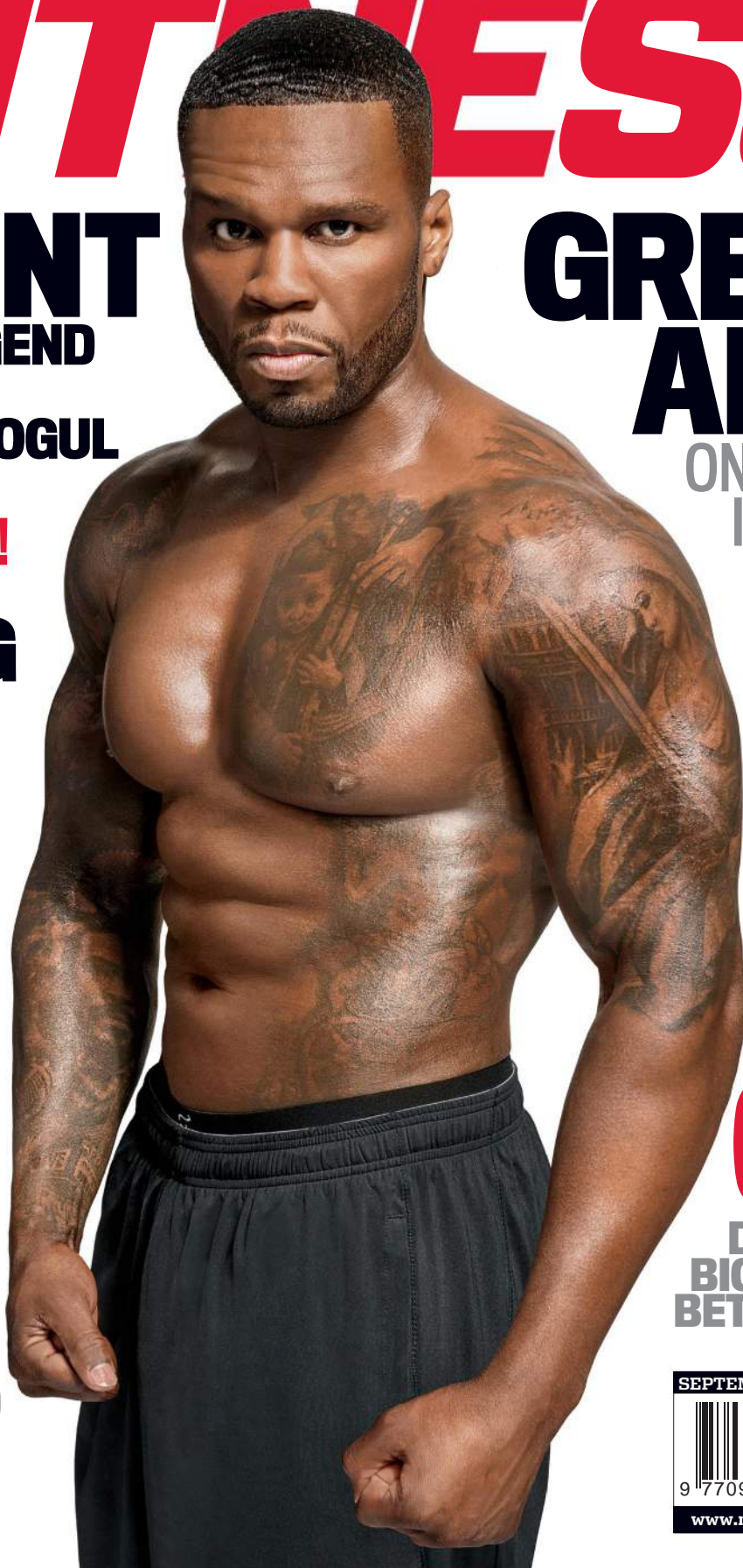
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SEPTEMBER
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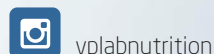
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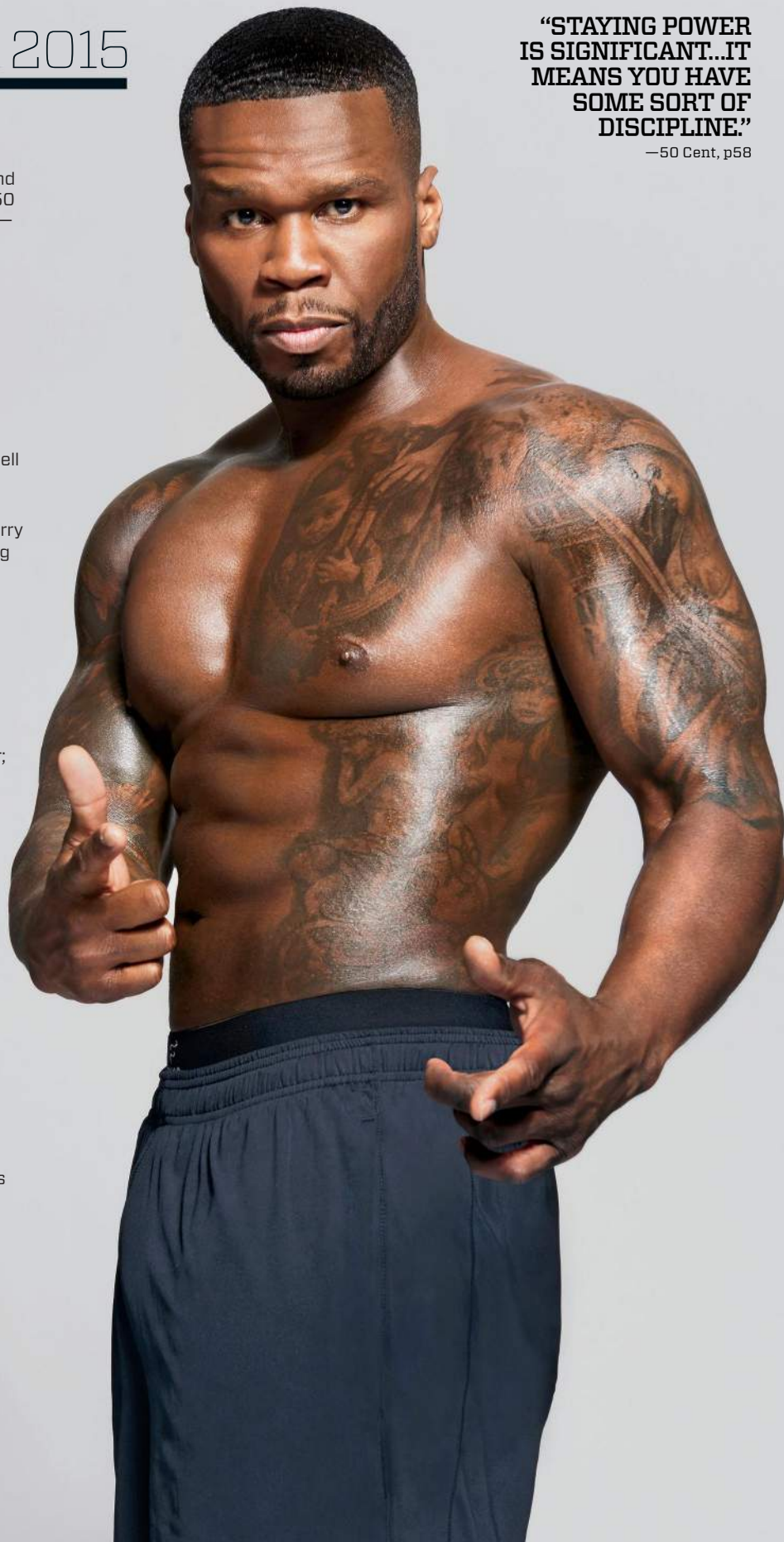
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ON THE COVER

Curtis “50 Cent” Jackson
Photograph by Roger Erickson

**“STAYING POWER
IS SIGNIFICANT...IT
MEANS YOU HAVE
SOME SORT OF
DISCIPLINE.”**

—50 Cent, p58





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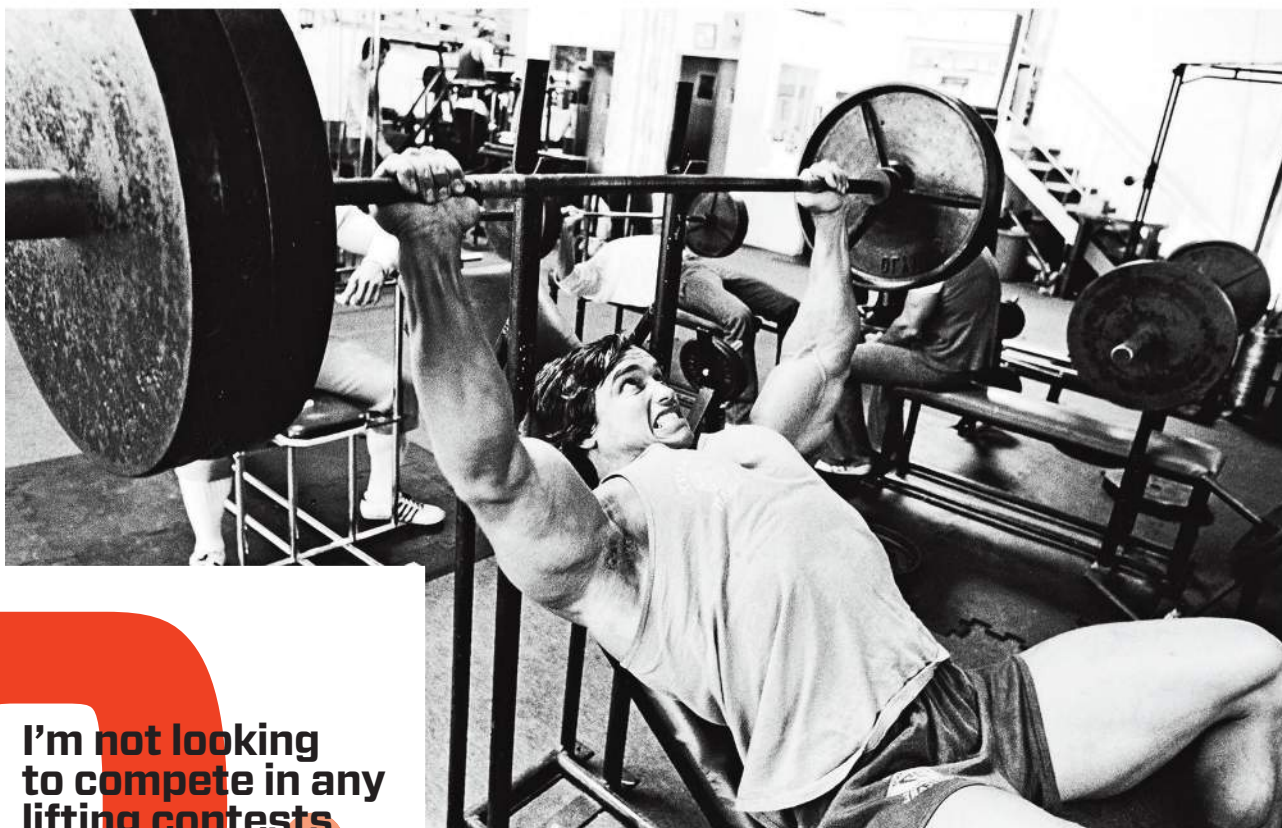
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I'm not looking to compete in any lifting contests. Should I bother training heavy at all?

—CHIP O., VIA FACEBOOK

A: **I'VE ALWAYS** preached the importance of making the mind-muscle connection in your training—focusing on how a weight makes your muscles feel rather than how much you're actually lifting. But that doesn't mean you shouldn't lift heavy. After all,

weight training is about progressive overload, and if you don't increase load, your body won't have reason to progress. Plus, a man who doesn't want to be strong is a girly-man.

Every great bodybuilder I know started out with basic movements and trained them heavy. Franco Columbu was a world-class powerlifter; Sergio Oliva went to the Pan American Games as an Olympic weightlifter. I competed in both of these sports while bodybuilding. Heavy training develops muscles to a degree that you can't get from light, pumping workouts. I suggest you devote one

day a week to going heavy. Pick a movement like a bench press or deadlift and work up to a few heavy sets of one to six. Then do a back-off set of 10 reps. Not only will this make you look strong, you'll also be able to prove that you actually are when you're put to the test.

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TOE-TO-TOE
50 Cent, right, has words with Joseph Sikora in Starz' *Power*.

Real Deal

50 Cent doesn't train for roles. He trains for life.

I'VE PREVIOUSLY mentioned in this column how we like to feature celebrities on our covers, but that in a specialized world like ours it can be a challenge finding guys who are both recognizable and who truly live the *M&F* lifestyle. In recent years we've had Dwayne Johnson, Terry Crews, Joe Manganiello, Dolph Lundgren, and, of course, Arnold Schwarzenegger grace covers; guys for whom day-to-day serious training is a way of life. They work hard in the gym and are proud of the physiques they've built. Moreover, they consider being on our cover an honor, and appreciate the chance to share their training and nutrition insights with you. These men, regardless of their fame and fortune,

are card-carrying members of the "Brotherhood of Iron" and have more than earned that distinction.

There are other actors, however, who are what I refer to as "dilettantes." They dabble in our world, getting into prime shape for a role, and when the cameras stop rolling, return to their regular lifestyle—one that includes a minimum, if any, of time in the gym. The hard-earned muscles slip away as quickly as they came. Without high-paid trainers to keep their training on point, and nutritionists and personal chefs to make sure they eat clean, they quickly revert back to their pre-role bodies. It lends credence to a familiar refrain you'll hear (or utter) when an actor under-

goes a transformation: "If I got paid millions of dollars to work out, I could get into that kind of shape, too."

This is why I'm far more impressed by the *M&F* "lifers" rather than the dilettantes. These are guys who live and breathe the lifestyle, whether filming or not. They're guys who were lifting long before they became household names and who will continue to do so till the end. And this is why I'm proud to have 50 Cent on this month's cover. He is a true *M&F*er, having made the gym life as central to existence as music and acting. Be sure to catch 50 in *Southpaw* and in his Starz series *Power* and give his workout a try.



More Power to You,

Shawn Perrine
Editor in Chief

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EDGE

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Size Doesn't Matter

PAUL RUDD obviously didn't need to get jacked to play Ant-Man. But he did need to get lean, athletic, and stronger than he'd ever been.

"Paul shows up focused, determined, and ready to work," personal trainer Brendan Johnston says. "He literally won't stop until the job is done. He's always looking to do more."



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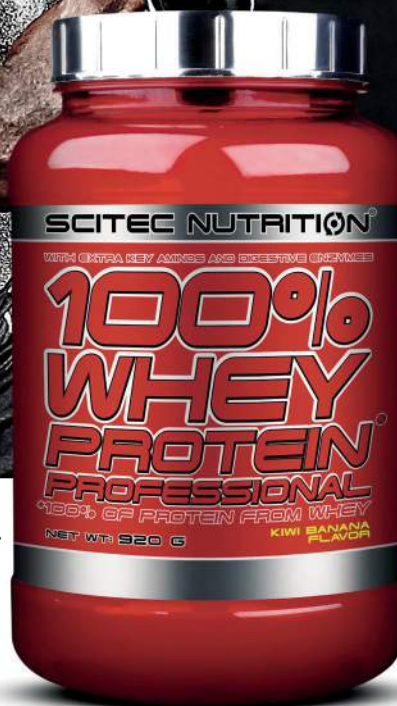
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MAKING A SUPERHERO MOVIE

called *Ant-Man* would almost seem like an act of hubris. Then again, it's from Marvel Studios, which can't seem to miss with any idea these days. Operating with the same kind of can't-miss success rate is the team at CrossFit BMF, Duffy Gaver's Santa Monica training facility that helped transform many of Marvel's superheroes, including Chris Hemsworth and Scarlett Johansson. Brendan Johnston of CrossFit BMF, with support from New York-based trainer Richard Louis, devised a training plan for the 46-year-old actor with the seemingly modest goals of getting Rudd functionally fit and symmetrically aesthetic.

Johnston said Rudd gained noticeable size on his chest, arms, and legs while his waist shrank and body fat dropped.

"He was much more athletic," Johnston says. "Stronger, faster, and agile. He didn't want to just look like a superhero. He had to move, run, jump, and fight like one, as well."

The film, which hit cinemas in July, seems to have a more comedic tone than other superhero films, but that didn't transfer to the weight room, where Rudd was all business.

"His work ethic is relentless," Johnston says. "He sets his mind to something and doesn't stop till the job is done. From strict diet, to supplementation, to working out at 5 a.m. He never complained. He only worked."



PAUL RUDD'S WORKOUT

The following is a sample of Paul Rudd's Ant-Man workout, provided by CrossFit BMF in Santa Monica, CA. The two circuits below constitute a single chest and back workout. For workout videos and inspiration, like the CrossFit BMF page on Facebook.

CIRCUIT I

Directions: Do 6 rounds of the following exercises, resting only 1 minute at the end of the circuit. Pick the heaviest weight you can manage on each exercise.

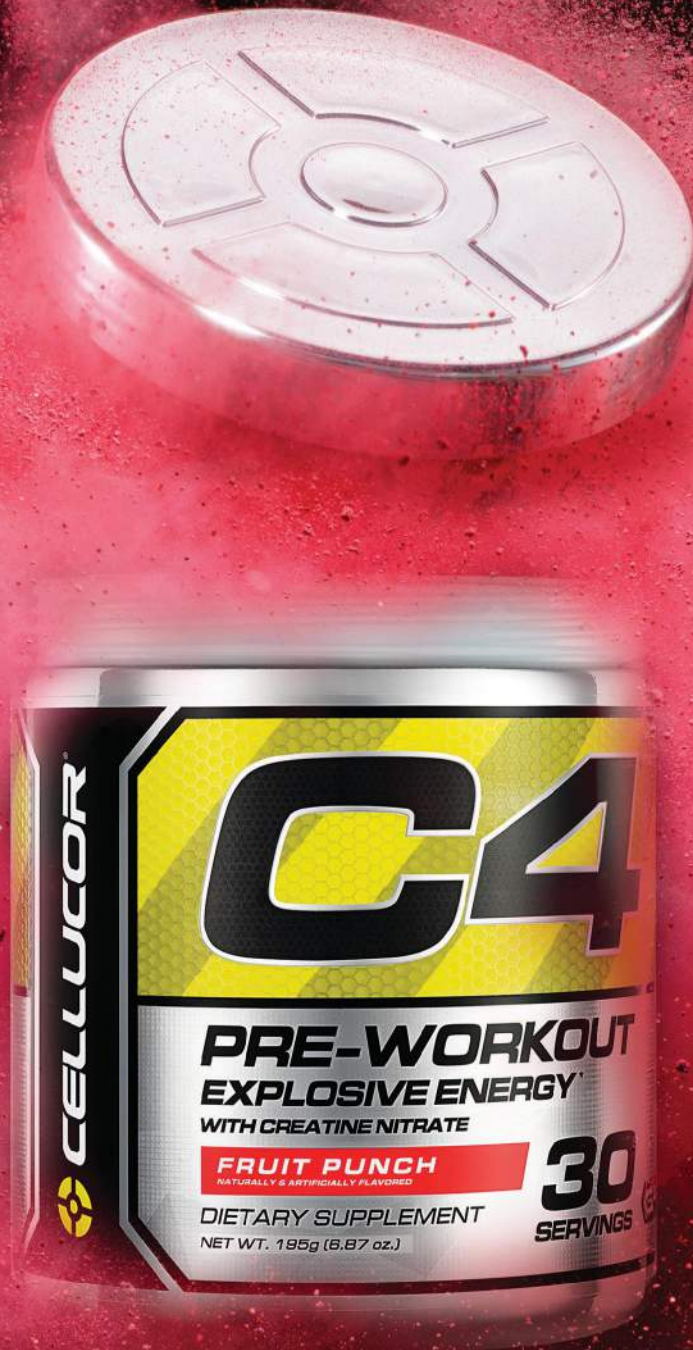
EXERCISE	REPS
Dumbbell Bench Press	10
Dumbbell Row	10 each arm
V-up	25
Double-under*	30 seconds

*Skip, swinging the rope under your feet twice on each jump.

CIRCUIT II

Directions: Do 6 rounds of the following exercises, resting only 1 minute at the end of the circuit. Pick the heaviest weight you can manage on each exercise.

EXERCISE	REPS
Dumbbell Chest Flye	10
Weighted Pullup OR Lat Pulldown	10
Medicine Ball Slam (20-lb ball)	20
Oblique Crunch	25 each side



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Skye's the Limit

Australian fitness expert and model **EMILY SKYE** isn't afraid to show her flaws, as long as it inspires her six million social media followers to achieve their goals. Still, we can't find any flaws here. Here's what you need to know about her.

BY PAMELA NULLET

SHE...

...Loves it when a guy can talk anatomy and physiology. "I'll be mesmerized for hours."

...**Sweats it out in the gym trying to grow her butt.**

...Worked as a magician's assistant and once got trapped in the illusion box, splitting her dress, making for an exciting and raunchy show.

...**Enjoys chilling out to deep house music.**

...Has a rack of ribs and fries when she wants to indulge.



...Wants to play a superhero, particularly Lara Croft or Wonder Woman.

...Overcame fear of public speaking by going on Australia's biggest morning show.

...Was teased in school for running like the Terminator.

...Feels sexiest when she's been swimming in the ocean, her hair goes curly, and she's "salty, tanned, and fresh."

...Receives requests for photos of her feet.

...Grew up climbing trees, playing with remote control cars, and chasing other girls around with creepy-crawlies.

...Is turned on by respect. "Gentlemen will never go out of fashion. They get me every time."

...Owns a custom dirt bike, complete with a personalized pink sticker kit.

...Can make her eyebrows dance to music.

...Feels inspired. "When people tell you that you can't do something, it's usually because they couldn't do it themselves. If you've got a dream, you've got to go for it!"



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Slugfest

UFC fighter **CONOR MCGREGOR** trains to become the first-ever Irish UFC champ.

BY MARK BARROSO

FOR RISING UFC STAR

Conor McGregor, mixed martial arts training starts and ends with control. McGregor's movements revolve around control of his body, mind, and breath.

"If it doesn't involve balance I don't think it's beneficial," says McGregor. "I do yoga every day. I'm perfecting my handstand, I like the tree pose with a side leg extension and the plank/side plank."

Just don't expect McGregor to get to yoga class on time. The Irish-born featherweight doesn't keep a schedule in a traditional sense. He simply wakes up and starts moving.

"I'm self-taught, and nothing is set

by a clock," says McGregor. "Yesterday, I did pool work, then went to the gym and did jiu-jitsu rounds, pad work, jump rope, core work, and dead hanging from objects."

McGregor does free-weight exercises such as single-leg barbell deadlifts to build strength and balance simultaneously.

His most valuable skill, though, is intangible.

"My belief is my best asset, and I have a stronger mindset than my opponent," he says.

When M&F spoke with McGregor, it was a few weeks prior to the announcement that champion Jose Aldo would drop out of the title fight

MCGREGOR'S WORKOUT

EXERCISE	DURATION
Dynamic Stretch	10-15 min.
Muscle-up	10 reps
Handstand Pushup	10 reps
Push Press	10 reps
Boxing	20-30 min.
Grappling	20-30 min.

MCGREGOR'S STATS

AGE	HEIGHT	WEIGHT
27	175cm	66 kg

RESIDENCE
Dublin, Ireland

due to a rib injury. His statement about Aldo foreshadowed a change in opponents. "I'll enter the contest formless and fearless," McGregor says. "He's just a blank face and a new body."

McGregor would go on to make history, winning the interim UFC featherweight championship at UFC 189 against Aldo's replacement Chad Mendes to make his Irish supporters proud. "My coach and team have been with me since Day 1, and I look forward to raising the gold for them."

75 YEARS OF M&F

Role Reversal



Tough guy, tiny dumbbell. A look back at one of the strangest covers in M&F history. **BY MATT TUTHILL**

MAYBE SINCE HILL STREET

Blues was a gritty cop drama ahead of its time, we felt we could get a bit ahead of the curve as well. So for our July 1985 cover, we took *Hill Street* star and former NFL running back Ed Marinaro, handed him a tiny dumbbell, and stuck him in a feminine pose that was typical of covers back then. Female bodybuilder Peggy Bertelsen, meanwhile, assumed the dominant masculine pose, for a cover that, while we can appreciate the sentiment, doesn't hold up too well. I mean, we're glad the photo shoot turned out to be fun, but...that's REALLY the cover? (Apparently, we tried it both ways, since the two swap positions for the

feature. In fact, the cover we went with was the better of the two.)

Luckily, the inside of this classic fared much better. Marinaro talks about how fitness helped his confidence as he transitioned from pro sports to acting, and there are well-fleshed-out features on the Weider principles, and the subtler arts of staying motivated and visualizing one's goals.

Marinaro isn't the only TV star in this issue, either. Soap opera star Steve Bond (real name Shlomo Goldberg) appears in a feature about how training makes both men and women sexier. The story explains it's not just aesthetics but also the display of inner strength that attracts the opposite sex. Hey, that sounds neat. Now check out all the babes twisted into suggestive poses throughout the issue.



THE END.



PAY UP

Above: Steve Bond gets a smooch from a bentover Peggy Bertelsen. Bottom left: Marinaro poses like a girly-man. Top left: Want a VHS of the '84 Mr. Olympia? That'll be \$59. Adjust for inflation, and it's \$129.73.

Born to Paddle

Professional kayaker **DANE JACKSON** is taking paddle sports to new heights. BY MARK BARROSO

WORLD CHAMPION

kayaker Dane Jackson has been participating in the sport since his father, a former Olympic kayaker, taught him how at age 2. Now a 22-year-old Red Bull and GoPro-sponsored athlete, Jackson competes in 10–15 kayaking events a year. These include freestyle kayaking contests, where you perform tricks such as flips and spins on turbulent areas of a river, or

downstream races against other paddlers. “Endurance is important because if you want to do longer and more commanding rivers, you have to keep your energy up,” Jackson says. “You can’t just be floating downriver.”

Aside from boat work, Jackson prepares to compete by staying active: surfing, snowboarding, even golfing, albeit with a twist—he sprints between each hole.

The kayaking phenom prevents

injury with two rituals.

“I try to stretch every day to keep muscles loose, whether it’s a quick stretch or stretching for an hour,” Jackson says. “I do 100 pushups a day to keep my shoulders strong.”

Jackson says descending a 130-foot-tall waterfall in Mexico was his most extreme kayaking moment. The goal is to land as vertical as possible, or else.

“If the front of the kayak were to come up and you were to land flat, the full impact would be on your spine,” Jackson says. “That’s how people break their backs on waterfalls.”

On top of his game, Jackson enjoys each ride as it comes.

“I want to keep coming up with new tricks, running big rivers and waterfalls, and pushing the sport.”

“I’D BE FREESTYLE KAYAKING EVERY DAY EVEN IF THERE WERE NEVER ANY COMPETITIVE EVENTS FOR IT.”

COURTESY OF DANE JACKSON

ON THE WATER

The 2015 International Canoe Federation Freestyle Kayak World Championships begin on Aug. 30 on the Ottawa River in Canada

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Strong Intentions

NED NORTON, founder of Warriors on Wheels, is a modern-day hero whose life's work brings healing and hope to people all over the world.

BY DELFINA URE

NED NORTON has spent a good part of the past 26 years training clients in his Warrior Gym, in Albany, New York. Yet, while Warrior may look like a typical gym when empty, his disabled clientele separate it from the rest of the pack and elevate him to hero status.

"Training people with disabilities is the ultimate challenge," says the 57-year-old Norton. "It means more than medals, and trophies, because it relates to their having a better life."

Norton's intentions for his clients go beyond building the body. He aims to rebuild their confidence and help them become independent after life-changing injuries. "At one time I had 11 guys who could bench-press more than 300 pounds. They got so strong they were able to go back to work, go back to school, and start families."

He customizes every machine in his gym to be wheelchair accessible and charges his clients a mere \$10 for 10 weeks so they can continue to train for as long as they need to while living on disability income. "It's not about what they can't do, it's about what they can do," he says.

Norton sees about 120 clients per week and raises money to cover operating costs and ensure that the doors of his gym stay open.

A recent broadcast on CNN about Warriors on Wheels boosted



“TRAINING PEOPLE WITH DISABILITIES IS THE ULTIMATE CHALLENGE. IT MEANS MORE THAN MEDALS AND TROPHIES.”

awareness of Norton's efforts and significantly expanded his reach. "I get so many heartfelt e-mails from disabled people all over the world who would love to come to my gym, but they live in Seattle, Korea, or Australia," he explains.

Inspired to find a way to offer specialized training remotely, Norton raised the money to create customized fitness packages with resistance bands that he now ships to people globally, never charging his clients a penny. Following the international buzz, Norton then founded "The Hercules Project," which works with the UN to help rehabilitate people injured by land mines. "We're shipping

to Darfur and South Sudan."

In addition to his global ambitions, Norton is working on developing fitness packages for group homes for the disabled, corresponding with hundreds of clients, and providing fitness training for the fire department in Albany. "I want to help as many people as I can."



HOW YOU CAN HELP

To donate or to learn more, go to: profilesinpurpose.com/warriors_on_wheels.

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Fit to Lead

BPI Sports executive and fitness model **WHITNEY REID** has a no-frills attitude toward staying ripped.

BY MARK BARROSO

HOW HE STAYS ON POINT

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STAYING STRONG

As a powerlifter, Reid could bench 209 kg for three reps. Now he bench-presses 143 for 10 to 12 reps.

HIS TOP THREE TIPS FOR EATING CLEAN ON THE ROAD

1

FIND A DINER

"Locate the nearest diner and make clean-eating requests. I ask for minimal butter/oil and steamed veggies."

2

STACKED SNACKS

"I pack dry oats, protein powder, almonds, a shaker cup, and a package of peeled hard-boiled eggs."

3

GO FOR TWO

"If you're eating out, always ask for a healthy meal to go so you don't get stuck without food."

WHITNEY REID doesn't let a constant travel schedule stand in the way of getting ripped. Despite a job as national sales manager for BPI Sports that has him hopping around the country, Reid stays focused and, as a result, big and lean year-round. He began his fitness journey as a 260-pound recreational powerlifter in his 20s. When he started training with bodybuilders, he got ripped and started landing magazine shoots.

"I still love training heavy, and that's my top priority," he says. "I squat, bench, and deadlift every week."

Reid trains in the 10- to 12-rep range, using dropsets, giant sets, and supersets to get done in 40 minutes.

"I want to be absolutely destroyed when I walk out of the gym," he says.

Two weeks from a shoot, Reid eats more protein than usual and drops his carb intake to 150 grams per day.

You can carve out your own fitness-model six-pack with Reid's intense abs-training circuit.

WHITNEY REID'S ABS WORKOUT

Do all circuits four times through, 15 reps each. Don't rest between moves.

CIRCUIT 1

EXERCISE

Kneeling Rope Crunch

Rowing Machine Pike*

Lying Leg Raise

CIRCUIT 2

EXERCISE

Oblique Bridge**

Standing Rope Crunch

Hanging Leg Raise

*Place your toes on the seat of rowing machine while in a pushup position. Do a pike.

**Do a side plank with one elbow on a bench. Stretch your hips down. Do 15 reps each side.

THE STATS

AGE	HEIGHT	WEIGHT
35	6'2"	225 lbs

RESIDENCE

Fort Lauderdale, FL

TWITTER

@whitneyreid33

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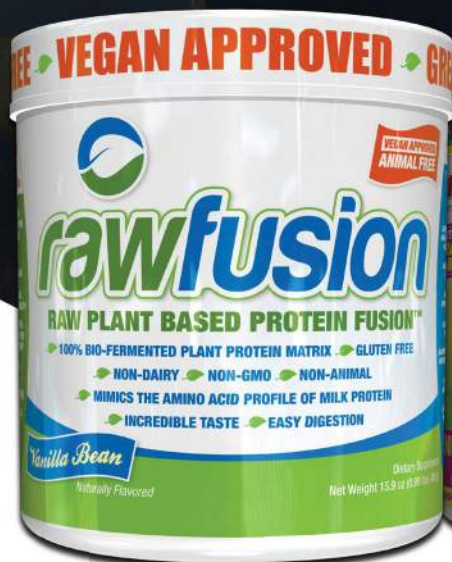
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Walk It Off

The farmer's walk trains everything from your traps to your grip, core, and legs, and also builds your conditioning while burning major calories. Using a trap bar instead of dumbbells lets you go as heavy as possible.

BY BEN BRUNO

QUICK TIP

Don't allow the bar to tip forward or backward in your hands. Squeeze it to keep it level.



HOW TO DO IT FARMER'S WALK

- 1 STAND INSIDE** the trap bar with feet hip width. Bend your hips and grasp the handles. Deadlift the bar off the floor.
- 2 TIGHTEN YOUR CORE** and draw your shoulders back. Walk as quickly as you can. Go for time or distance.

DID YOU KNOW? You can turn the trap bar sideways so the loading pegs face in front of and behind you, which is helpful if you don't have a wide lane to walk in.



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NATE FORSTER is a CrossFit Games competitor and the owner of Reebok CrossFit 5th Ave. rhinocofitness.com



QUICK TIP

Keep your core engaged. Get your front foot out to where the knee is directly over your ankle.

Get a Leg Up

Make leg day even harder—and WODs more brutal—with the barbell lunge. **BY NATE FORSTER**

IF YOU DO LUNGES, chances are you do them with dumbbells. It's hard to blame you. The dumbbell variation is a way easier setup than the barbell version. Dumbbells, of course, don't require an open squat rack. But just because an exercise might be inconvenient is no excuse not to do it, especially when the barbell lunge offers two major advantages:

- 1) **The barbell** allows for a heavier load than the dumbbell version because grip is not a factor.
 - 2) **To support** the bar as you lunge, your upper body is forced into a stronger position and engages more of your core as a result.
- If you've never done lunges this way, leg day will never be the same. Once you get comfortable with the barbell lunge, try the intense, man-making WOD in the box at right.

THE WORKOUT OF THE DAY

DIRECTIONS: Perform the following three exercises as a circuit in a 21-15-9 scheme; 21 reps of everything the first time through (rowing should be measured in calories burned—a standard Concept2 rower will measure this), then do 15 reps/calories of all exercises, then 9. Record your total time for future reference.

EXERCISE	REPS
Barbell Lunge (155 lbs)	21, 15, 9
Ring Dip	21, 15, 9
Rowing Machine (in calories)	21, 15, 9

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QUICK TIP

For an even greater core challenge, raise one foot off the floor, or elevate both feet on a platform.

Row Toward a Six-Pack

Tighten your core by putting your back into it. **BY SEAN HYSON, C.S.C.S.**

HOW TO DO IT INVERTED ROW

1

Set a bar in a power rack at about hip height. Hang from the bar with hands outside shoulder width and legs extended on the floor.

2

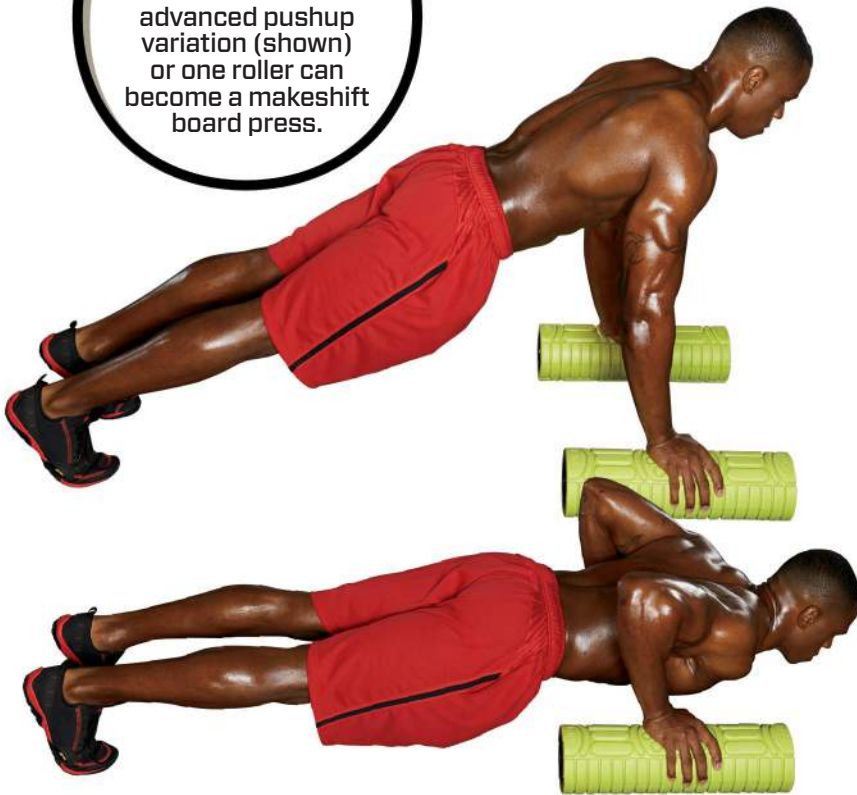
Brace your abs and draw your shoulder blades together as you pull up to the bar until your back is fully contracted.

LITTLE-KNOWN FACT: The lats are part of your core, too. They help stabilize your spine just like the muscles of the lower back. When you train them to brace your body while pulling (their main function), you speed up back and core development.

BORN FIT

TRY THIS

A pair of rollers can be used for an advanced pushup variation (shown) or one roller can become a makeshift board press.



Keep It Rolling

The foam roller could be the best piece of equipment you're not using. **BY ADAM BORNSTEIN**

WHEN FOAM ROLLERS first came out, I looked at them like any other fad. "Nice toy. I'll pass." But when I tried rolling, I learned how useful it can be, and now rollers are standard equipment in practically every gym. They can actually help you gain muscle, too. In fact, five to 10 minutes of rolling before workouts can accelerate the "gain train" before you even lift a weight.

Rolling creates pressure in the muscles, forcing them to relax and ultimately drawing blood into the area, warming them up. When your muscles are warm, they generate more force and move more weight. Rolling can reduce the risk of injury, too. Warm, pliable muscles are less likely to be overstretched.

Before any workout, spend time rolling out the whole body, with particular attention to the IT bands (on your outer thighs), hamstrings, glutes, and upper back. Use a lacrosse ball or other small object to work on areas such as the shoulders, pecs, and hips. When you come to a sore spot, hold it until it releases—or until you can't stand the pain anymore. As you loosen up, it'll hurt less.

ASK ADAM Want your question answered by Adam Bornstein? Tweet @Bornfitness and @muscle_fitness with the hashtag #bornfit.



JAMES FARRELL



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ANDY MCDERMOTT is a fitness coach in Hollywood. For free training advice, videos, and motivational craziness, follow him on Facebook, Instagram, and Twitter: [@AndyMcDermottFitness](#).

Hit Single

Training one leg (and one arm) at a time doesn't just make you more stable. It also helps you incinerate fat.

WHAT IT IS

A strength-building, fat-burning circuit from L.A.-based celebrity trainer Andy McDermott. You'll alternate between unilateral moves—single-leg squats and single-arm pushups—before setting off on a stair run to jack up your heart rate and get the sweat pouring in sheets.

WHY IT WORKS

"When you train unilaterally, there's no need to do extra core movements," McDermott says. "Every muscle gets firing very quickly." If you can't do 10 reps of single-arm pushups, do the eccentric portion with one arm, but explode up using both arms.

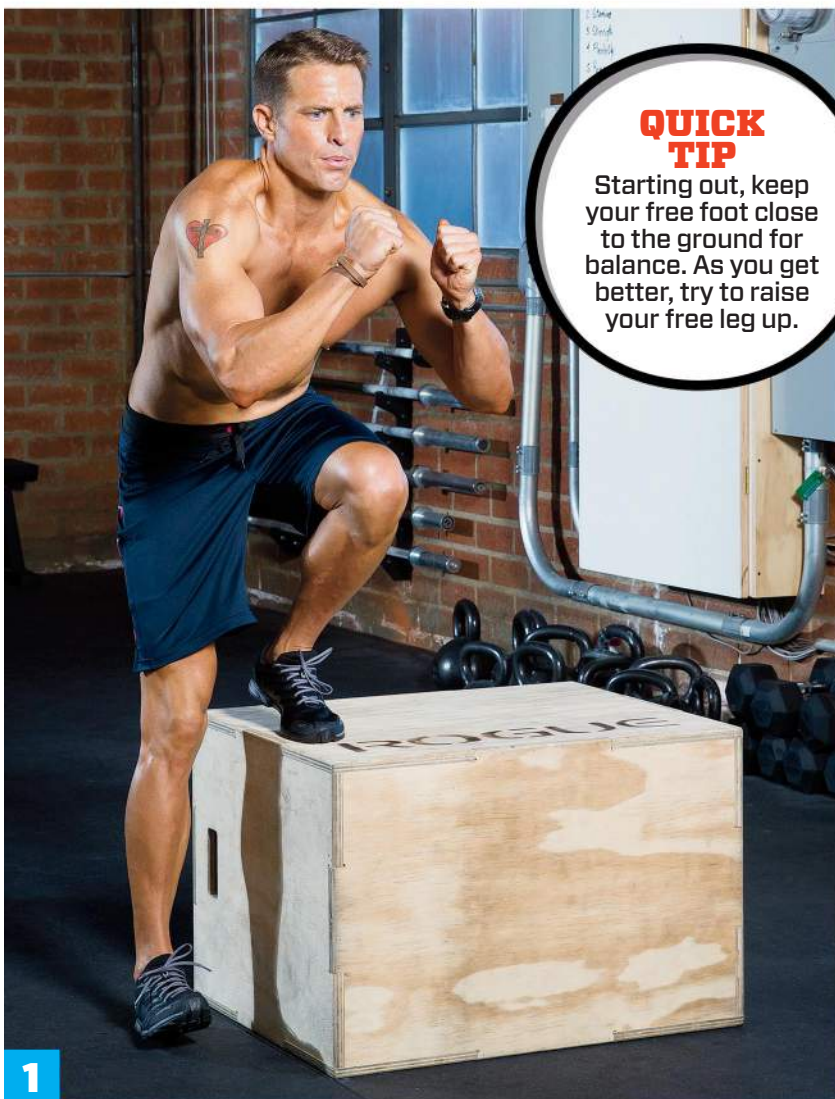
THE WORKOUT

DIRECTIONS: Perform the following exercises as a circuit, going nonstop for 15 total minutes.

EXERCISE	REPS
▲ Right-leg Single-leg Squat	10
Left-arm Single-arm Pushup	10
Left-leg Single-leg Squat	10
Right-arm Single-arm Pushup	10
Stair Run (or treadmill incline)	60 sec.

QUICK TIP

Starting out, keep your free foot close to the ground for balance. As you get better, try to raise your free leg up.



1



2



3

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INSIDE THE 60 DAY REVOLUTION

Is there such a thing as a perfect programme? *M&F*'s editors and advisers aim to get as close as humanly possible. **BY MATT TUTHILL**

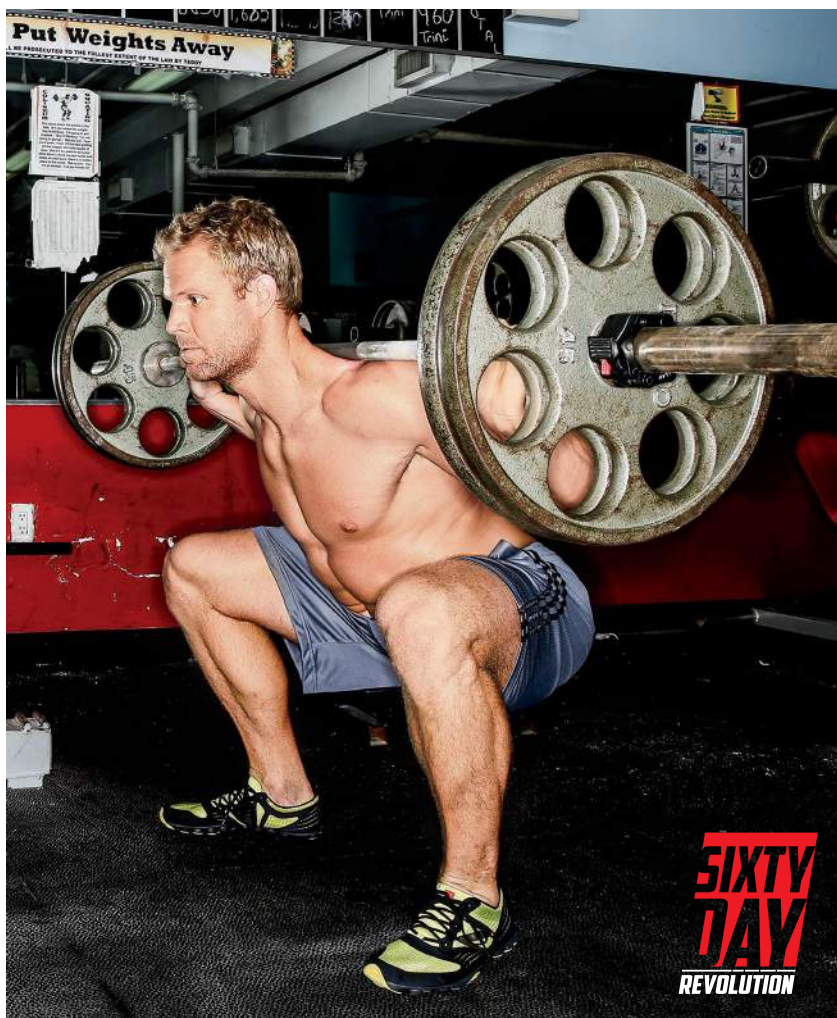
WHEN SOME OF the brightest minds in fitness gathered in New York City to create the perfect programme this summer, there was no shortage of big ideas. It began with James Grage, co-founder of BPI Sports, who was looking for a way to build upon the success of his recent training program, 60 Days to Fit. What he wanted this time around, however, sounded beyond lofty—a programme that could get you big, strong, lean, and athletic while deftly manoeuvring your body around plateaus, spiking intensity, and backing off at just the right times. On top of that, he wanted to make the workouts fun, engaging competition among readers, and delivering a wholly unique experience. It had to be a programme with a solid enough foundation to guarantee progress, yet varied and flexible enough to keep interest piqued. Best of all: The 60 day mark wasn't an end point but a beginning, with readers learning enough along the way to be able to build their own long-term programmes.

Joining Grage were *M&F* advisers Nerijus Bagdonas, Kyle Hunt (pictured at right), and Jim Sayih. Bagdonas, in addition to being a year-round ripped fitness model, runs eclectic group training classes in Central Park and is one of the most highly sought-after personal trainers in New York City. Hunt is a former NFL tight end on the leading edge of strength training tech-

niques; he penned *M&F*'s modified Smolov squat programme in 2014. Sayih is a nationally renowned fitness expert who's made countless TV appearances and is best

known for training emergency responders. Along with *FLEX* editor Angelica Nebbia, a former bikini competitor, and *M&F* editors Zack Zeigler and myself, the die was cast, and a comprehensive training, nutrition, and motivational programme known as 60 Day Revolution was built. In the end, the only thing we ruled out was compromise.

We're incredibly proud of the programme we've built and can't wait to unveil it in the November issue of *Muscle & Fitness* and at muscleandfitness.com. Follow along, share your progress, and join the revolution. Whether or not we really built the perfect programme will be up for debate. Your results won't be.



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QUICK TIP

On any one-arm row, the hip on the side that's rowing should be higher than the other to increase the stretch on the lat.

Back at It

Al C. from Palm Beach, Florida, sent us his back workout to review. Here's how we fixed

BY SEAN HYSON, C.S.C.S.

AL'S OLD WORKOUT

EXERCISE	SETS	REPS
Deadlift	5	3
Bentover Row	4	8-10
Lat Pulldown	3	12-15
One-arm Dumbbell Row	3	20

M&F RATING: **B+**

OUR ADVICE

You're mainly doing bilateral training—using both arms at once. That's fine for letting you train heavy, but you won't get as full a range of motion or stretch on your lats as you would from training one side of your back at a time. **ADD UNILATERAL WORK WITH ONE-ARM BARBELL ROWS AND MEADOWS ROWS.** See directions at muscleandfitness.com/ratemybackworkout.

AL'S NEW WORKOUT

EXERCISE	SETS	REPS
Deadlift	5	3
One-arm Barbell Row	3	8-10
SUPERSET WITH		
▲ Meadows Row	3	6-8
One-arm Pulldown	3	12-15

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Heavy Duty

Actor and model **DAVID MORIN** gets bigger and leaner by constantly pushing the limits of his strength.

BY MARK BARROSO

AN INTERNATIONAL fitness cover model, David Morin doesn't work out just for looks, he trains for strength, too. Each week Morin tests his one-rep max (1RM) in one of six compound lifts.

"There's enough time in between for my body to make gains from a 1RM," says Morin. "Even though you're getting older, you can still maintain muscle mass and strength."

Morin does hypertrophy-based workouts the rest of the week, and his cardio routine is one week of 3-4 steady-state sessions with three days of 10 36-metre sprints the next week.

Reminiscent of the late Greg Plitt, Morin preaches a deep fitness mantra. "Discipline is the bridge between imagination and physical attainment. If you can imagine it, you can be it."

MORIN'S TIME-CRUNCH WORKOUT

Directions: Do 5 rounds. Use just the bar in Round 1 and go for 30-40 reps, then add weight. Rest 30 seconds between exercises.

EXERCISE	REPS
Bench Press	20
Lying Leg Raise	20
Bentover Row	20
Front Squat	20
Overhead Press	20

Note: Morin uses slow, three-second negatives on all exercises.

THE RUNDOWN

AGE: 40

HEIGHT: 188 cm

WEIGHT: 100 kg

RESIDENCE:
Miami, FL

WEBSITE:
morinfitness.com

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BIG SCREEN

Morin appeared in the hit film *Pain & Gain* as a gym rat at Sun Gym.

HIS ADVICE TO GET LEAN FAST

1

USE INTERMITTENT FASTING

Eat one meal a day (after 4 p.m.). To get through the day, mix 4 litres of water with 30 grams of BCAAs.

2

GET JUICED UP

If you're on a diet, juicing fruits and vegetables provides extra nutrients. Adding turmeric can relieve joint pain, and aloe vera aids digestion.

3

GO WITH YOUR GUT

When increasing protein, increase probiotic intake, too. Probiotics help ensure you absorb protein and utilize it properly.

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WHAT'S IN THE FRIDGE THIS MONTH

Super Foods

Recent research says turmeric and other powerful plants may be the keys to fighting sickness and living longer.

BY MARK BARROSO

THE POWER
OF NATURE



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I'm looking for a natural way to fight inflammation. What foods do you suggest?

—BRIAN MEIER, VIA FACEBOOK

A: **THERE ARE TWO** types of inflammation. Acute inflammation is short term, usually triggered by injury, and increases blood flow to the affected area. In this case, an anti-inflammatory compound reduces swelling, fever, and pain. Chronic inflammation lasts longer and is associated with obesity, diabetes, and other conditions. Dietary changes can prevent chronic inflammation with some foods being more potent than others in doing so.

"Many foods have anti-inflammatory properties such as kale, cabbage, broccoli, berries, cherries, pomegranate, grapes, tomatoes, onions, garlic, cocoa, mushrooms, turmeric, and ginger," says Joel Fuhrman, M.D., and author of the best seller *Eat to Live*. "These foods' phytochemicals are beneficial in many ways, for example, by altering the expression of pro-inflammatory genes, and reducing production of pro-inflammatory compounds."

Curcumin, a compound found in the turmeric plant, is one of nature's most promising medicines. According to an article in the *Annual Review of Nutrition*, curcumin lowers blood sugar, improves cholesterol health, and aids in controlling atherosclerosis. Curcumin may also induce

apoptosis, when cells self-terminate, potentially terminating cancer cells in the process.

Turmeric is poorly absorbed, so eating it with spices and fats like pepper and walnuts help its absorption in the body.

Supp science has made a more bioavailable "super curcumin" by mixing it with more water-soluble substances and making extended-release tablets. To really beat inflammation, however, whole foods are the best.

"I recommend a diet centred around G-BOMBS (greens, beans, onions, mushrooms, berries, and seeds), offering a variety of anti-inflammatory and high-antioxidant foods," Fuhrman says. "It's not just one food/spice that provides these powerful properties most effectively, it's the entire diet."

Try this delicious smoothie to combat inflammation without meds.



HEART HEALTH

Cocoa powder can increase HDL (good) cholesterol levels and prevent LDL oxidation.

ANTI-INFLAMMATORY CHOCOLATE-CHERRY SMOOTHIE

COURTESY OF JOEL FUHRMAN, M.D.

SERVES 4

60 g kale
60 g romaine lettuce
120 ml unsweetened almond milk
120 ml pomegranate or cherry juice
1 tbsp non-alkalized cocoa powder
1 ripe banana
150 g frozen cherries
150 g frozen blueberries
½ tsp alcohol-free vanilla extract
2 tbsp ground flax seed
½ tsp ground turmeric
Blend the kale and lettuce with milk and juice. Add remaining ingredients.
Blend 2 minutes until smooth.

NUTRITION PER SERVING

486 CALORIES	10g PROTEIN	100g CARBS	9g FAT
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A 2013 study found watermelon juice reduced post-exercise soreness more than a placebo.

WATERMELON TRIPLE-DECKER BITES

MAKES 15 SERVINGS
COURTESY FRANCI COHEN

Big Red

It's not just the official fruit of summer. Watermelon also packs performance-enhancing citrulline.

BY MARK BARROSO

SEARCH THE LABELS of most pre-workout powders and you'll find a few recurring ingredients, including citrulline, an amino acid that has been shown to increase strength and lower blood pressure. The word *citrulline* is actually derived from *citrullus*, which is Latin for watermelon, where the amino acid is found in great abundance. Get it from supps or from the source, and your body will reap the benefits.

"The kidneys and other organs convert citrulline into arginine," says Franci Cohen, M.S., C.D.N. Arginine, in turn, is a precursor to nitric oxide production. Cohen says 150-225 g of watermelon will deliver its payload of performance perks.

"Use watermelon juice for ice cubes or grill the fruit and add to a chicken kebab. Rinds can be pickled, diced, and added to salad."

- 1 watermelon
- 4 cucumbers (skin on)
- 115 g feta cheese
- 3 tbsp fresh lemon juice
- 2 tbsp agave syrup
- 15-20 fresh mint leaves

1. Slice a watermelon into 1.25 cm-thick slices. Cut 30 circles out of the slices using a circular cookie cutter (circumference of a cucumber). Lay discs on a tray. Cut cucumbers into 15 1.25 cm slices, leave skin on.
2. Spread a layer of feta on each disc.
3. Top each disc with a cucumber slice.
4. Spread a layer of feta on each cucumber slice.
5. Top with another disc and feta.
6. Whisk lemon juice and agave. Drizzle over each bite. Top each with mint leaf.

NUTRITION PER SERVING

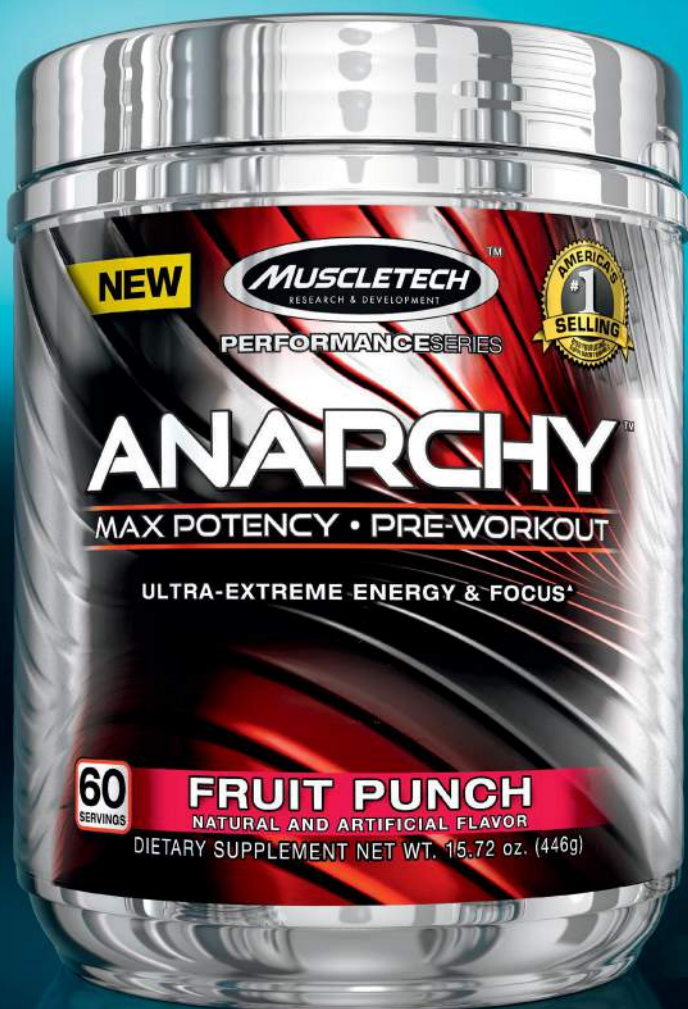
169 CALORIES	4g PROTEIN	38g CARBS	2g FAT
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**THE
BREAKDOWN**

Pineapple contains bromelain, a digestive enzyme that helps your body break down protein better.

**HAWAIIAN
CHICKEN KEBOBS**

YIELDS 1 SERVING

2¼ tsp soy sauce
2¼ tsp coconut sugar (or brown sugar)
¾ tsp sesame oil
⅛ tsp ground ginger
⅛ tsp garlic powder
2 skinless, boneless chicken breast
halves, cut into 2-inch pieces
40 g pineapple chunks, drained
2-4 skewers

1. In a bowl, mix soy sauce, sugar, sesame oil, ginger, and garlic powder together.
2. Add chicken and pineapple to the bowl. Cover and refrigerate for 1 hour to let marinade sink in.
3. Preheat the grill. Thread chicken and pineapple alternately onto skewers. Grill 15 minutes, turning occasionally.

NUTRITION PER SERVING

390	56g	19g	10g
CALORIES	PROTEIN	CARBS	FAT

Aloha to Gains

You may not get to Hawaii this summer, but there's no reason you can't bring some tropical island flavour to your protein. Use pineapple and a low-carb sauce to take a vacation from dry chicken. **BY NICOLE DONNELLY**

FOOD STYLING BY EUGENE JHO

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Going Raw

You don't even have to cook to enjoy this gourmet muscle builder.

AHI TUNA TARTARE

YIELDS 4 SERVINGS

450 g sushi-grade ahi tuna
2 tbsp shallots, minced
1 tsp sesame oil
2 tsp tahini
2 tsp soy sauce
3 tbsp capers, chopped, with juice
Juice and zest of 1 lemon
Kosher salt
Black pepper, ground
115 g green goddess dressing
40 g watercress
30 g curly endive
2 tbsp truffle oil

1. Chop tuna to desired cube sizes and place in a mixing bowl.
2. In a separate mixing bowl, make marinade by adding minced shallots, sesame oil, tahini, soy sauce, capers, lemon juice, zest, and mix. Season with kosher salt and black pepper.
3. Pour the marinade over tuna. Allow to sit for 10-15 minutes.
4. Pour tuna into the center of a serving dish. Pour green goddess dressing around the border.
5. In a separate bowl, combine watercress, curly endive, and truffle oil, then arrange over tuna.

NUTRITION PER SERVING

246 CALORIES	30g PROTEIN
7g CARBS	11g FAT



SEEING GREEN

Watercress isn't just a garnish. Rich in vitamin K, it may also decrease the risk of heart disease.

FOOD STYLING BY EUGENE JHO

Courgette

Whip up these five unique summer squash recipes and enjoy the tasty vitamin and mineral boost. **BY IAN K. SMITH, M.D.**



NUTRITION FACTS

One cup of chopped courgette contains 21mg of vitamin C, 325mg of potassium, and 20 calories.

1

TOSS A SALAD

In a bowl, combine 1 large bunch of chopped watercress and 1 head endive, sliced horizontally. Add 150 g courgette chunks and 1 peeled, pitted, and diced avocado over greens. In a food processor, pulse 30 g toasted, peeled hazelnuts until ground, 2 tbsp olive oil, 2 tsp lemon juice, and a pinch of salt and pepper until thick and smooth. Add 150 g watermelon cubes to the salad, then drizzle the dressing over it.

2

HAVE IT SAUTÉED

Heat 3 tbsp olive oil over medium heat in a large skillet. Place 3 minced garlic cloves in the oil and sauté until brown and fragrant. Stir in 1 diced sweet onion and $\frac{1}{4}$ tsp salt. Add 2 medium courgettes, sliced $1\frac{1}{4}$ cm thick. Stir the courgette frequently. Cook until both sides of the slices have turned golden brown.

3

MIX UP A SALSA

In a bowl, mix 150 g diced courgette, 1 diced onion, 75 g each of chopped red pepper and celery, 2 chopped spring onions, 75 g chopped cucumber, 65 ml olive oil, juice from $\frac{1}{2}$ lemon, and 2 tsp vinegar. Chill for 3 hours; serve.

4

MAKE COURGETTE SPAGHETTI

Run a courgette through a spiral slicer to make it long and thin like pasta. Sauté 1 tsp olive oil and 1 minced garlic clove in a pan over medium heat for 25 seconds. Increase heat to high and add courgette strands. Cook for 1 to 2 minutes. Add salt and pepper to taste.

5

STUFF IT WITH MEAT

Cut a courgette lengthwise and scoop out seeds. In a bowl, mix 450 g ground turkey or beef, 170 g bread-crumbs, 385 g diced tomatoes, and 1 minced garlic clove. Stuff courgette with mixture, place in a baking pan, cover with foil, and bake at 190 deg C/Gas Mark 5 for 40 minutes. Remove foil, top with 60 g shredded mozzarella cheese, and place under grill until cheese melts.

GREATNESS OUT REQUIRES GREATNESS IN

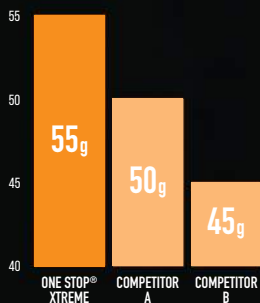
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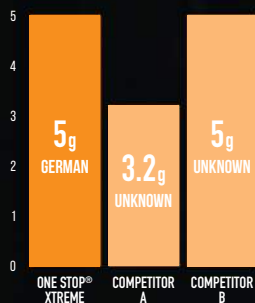
THE FACTS

55g PROTEIN | **10.3g** BCAA'S | **3g** L-LEUCINE | **1.8g** BETA ALANINE | **73g** LOW GI CARBOHYDRATE

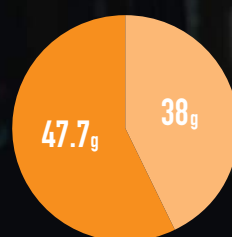
PROTEIN CONTENT



CREATINE CONTENT



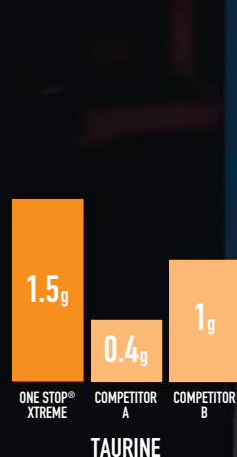
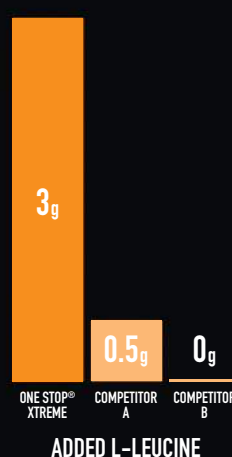
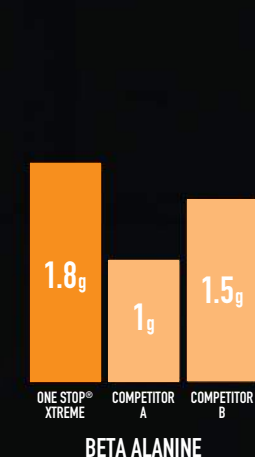
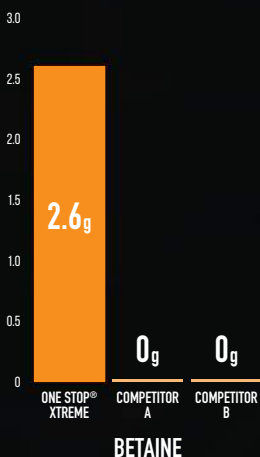
PROTEIN vs CARBOHYDRATE



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SOY PROTEIN FREE?		
YES	NO	NO
FRIENDLY BACTERIA?		
YES	NO	NO

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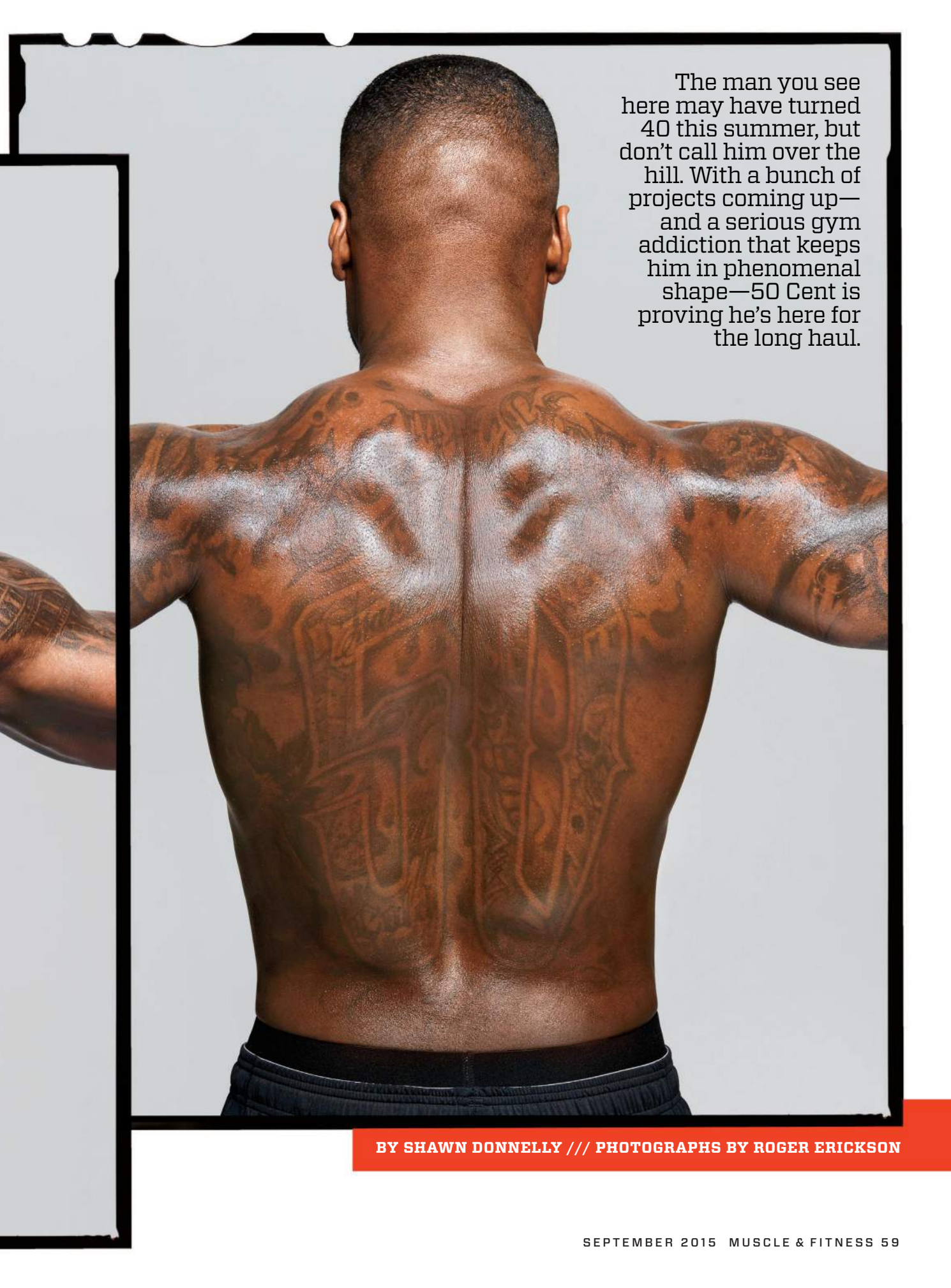
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**50 CENT
IS NEVER
GONNA
STOP**





The man you see here may have turned 40 this summer, but don't call him over the hill. With a bunch of projects coming up—and a serious gym addiction that keeps him in phenomenal shape—50 Cent is proving he's here for the long haul.

BY SHAWN DONNELLY /// PHOTOGRAPHS BY ROGER ERICKSON

IT'S 12:45 P.M. in an upscale fitness studio near New York's Wall Street. Curtis "50 Cent" Jackson stands in front of a photographer and a swarm of hair and makeup people, stylists, publicists, magazine editors, and gym workers. He's shirtless. He's lean. His arms and chest are massive. His

MAKE IT WORK

Sometimes, cardio activities like heavy bag work or battling ropes can play a bigger role than weights in 50 Cent's workout. "It needs to be very adaptable," says 50's trainer, Jay Cardiello. "In some of the cities where he tours overseas, there might not be a gym, or it's just a treadmill. Whatever he's got, he finds a way to make it work."

skin glistens with baby oil.

He's tall—taller than you might think, if you assume all celebrities are dwarves. He's 186 cm, 92 kg. He should be 90 kg—the same amount he weighed on the cover of his debut studio album in 2003, *Get Rich or Die Tryin'*—but as 50 will point out throughout the day, he only had a week to prepare for this photo shoot.

On the speakers? "In da Club," of course—50's mega-mega-hit from *Get Rich*. The irresistible bounce of the track has the crew members and publicists bobbing their heads and giggling. It all feels a bit surreal. Or redundant. Or both.

The fact that this is happening 12 years after that song hit the radio—the fact that he's had no fewer than five projects coming out this summer, including a TV show, two

movies, a line of underwear, and a new album—isn't lost on 50, who turned 40 on July 6.

"In the beginning they love you," says 50. He tells me this a couple of hours earlier, between sets of 125-kilo presses on the incline bench. "Because when you win, it's confirmation that you can come from nothing. Then, when you keep on winning and you keep on winning...I think the public loves tragedy."

Build you up and then tear you down, I offer.

"Yeah, that's the process."

Everybody likes something new on the scene.

"Uh-huh. Especially in hip-hop. It's a youth culture. So it's fast. It's got a low-attention span. 'Out with the old, in with the new.' People who stick around have significance.



GROOMING BY VALISSA YOE; STYLING BY ERIN MOSHERY

Staying power is significant, you know? It means you have some sort of discipline.”

Oh, he’s got discipline all right. In the gym and out of it. Let’s take the gym stuff first. Although he started boxing when he was 12, 50 says he didn’t really develop a love for weight training until after his well-publicized attack in 2000, when he was shot nine times from close range (including once in the face).

To recover, he traded New York City for rural Pennsylvania, and that’s where he found a small gym—“a country shack gym,” in his words. “I went every day because there was nothing to do,” says 50. “It became a big part of my day. I trained, and I wrote music. That was my focus.”

His weight, which was up around 100 or 104 kg at the time of the shooting, plunged to 76 due to a six-week liquid diet. But his work in the gym helped him pack on 13 kg of muscle. By the time he appeared on the cover of *Get Rich* in 2003, the public saw a shirtless young man with a shredded physique—a rapper who looked more like rugby

DIPS

After two chest supersets to start his workout, 50 gives his pecs a break by working other parts of his body, but by the end of the workout, he’s back at it with four sets of 15 dips. When 50’s hotel gym is lacking, trainer Jay Cardiello says 50 will get creative. “He’ll do pushups with his hands on pillows.”



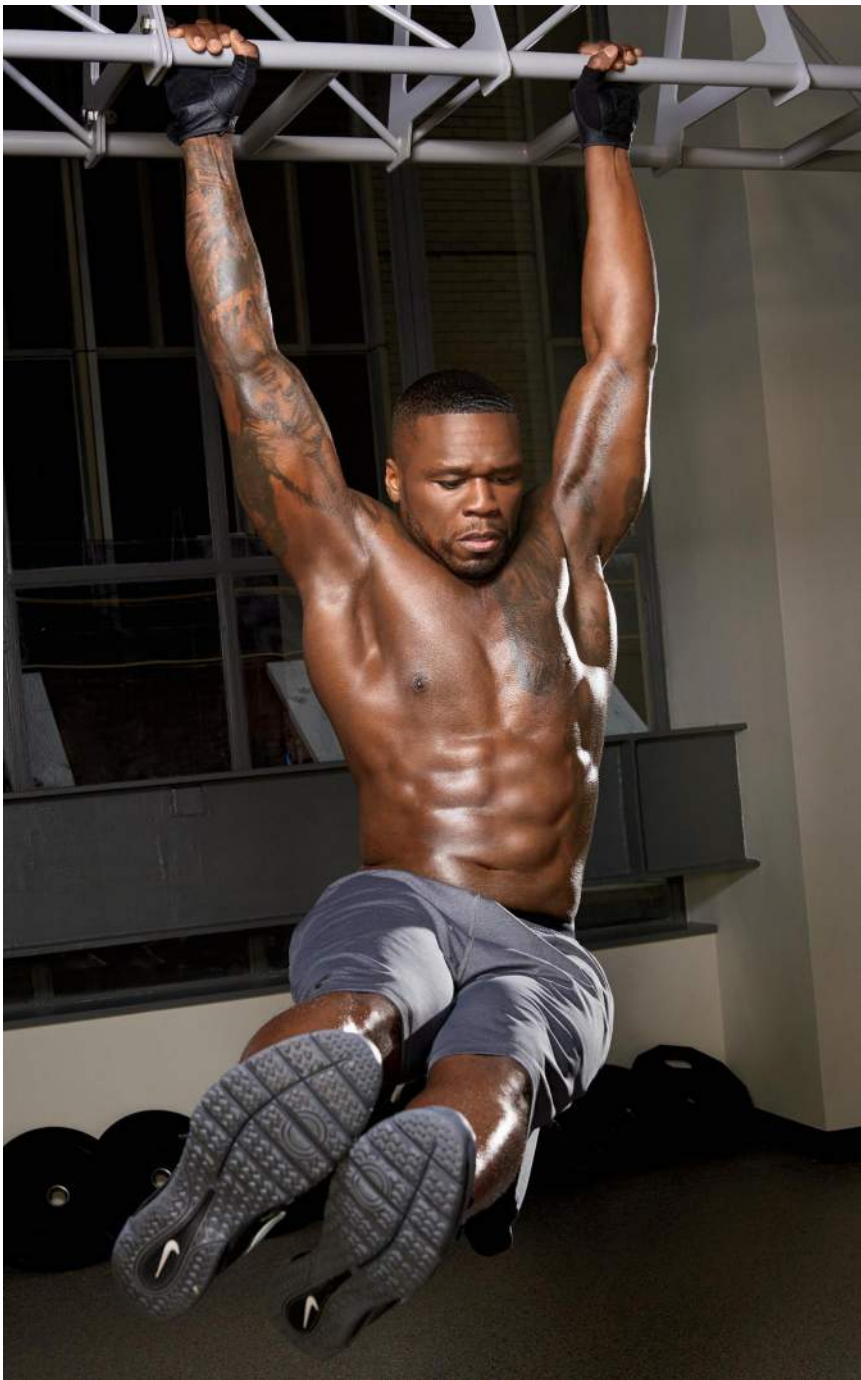
forward—and promptly bought 872,000 copies in the first four days. *Get Rich* became the best-selling album of 2003 and one of the best-selling hip-hop albums of all time.

You probably know the rest: More hit albums followed. Then movies. Then an investment in Vitamin-

water that he cashed out for a cool \$100 million. Then a headphone company and a vodka brand. Not bad for a former crack dealer from Jamaica, Queens. (Or anybody else, for that matter.)

These days, 50 hits the gym five days a week, sometimes six. His

longtime trainer, Jay Cardiello, puts him through high-intensity workouts that might include everything from pushups and pullups to sledgehammer swings, sprints up sand dunes, skipping, dips, and heavy-bag punches. Then 50 will often stay in the gym after the work-



LEG RAISE

To work his core from all angles, 50 raises his legs for an equal number of reps on each side, on top of doing reps straight down the middle. When he starts to fail, he does knee raises rather than just ending the set.

weight for a role, either. For the movie *All Things Fall Apart*, he lost 25 kg via a liquid diet and lots of cardio. When he was traveling during that time, he says he would jump out of the car that was taking him from the airport to the hotel and run alongside it.

“The silliest shit is people would be outside the hotel waiting for us, and they wouldn’t see me run in. Because they’re waiting for 50 Cent to come in the car. I run right past them in my sweat suit.”

It’s a good thing 50’s working out like a beast in the gym, because he needs the energy it provides for all his projects. First there’s his long-awaited new album, *Street King Immortal*, which will be released in September and features guest spots



I’VE LEARNED ENOUGH ABOUT MYSELF TO KNOW I’LL ALWAYS BE INTO SOMETHING NEW. I’VE BEEN LIKE THIS MY WHOLE LIFE.



outs and lift weights on his own. (At one point he could bench more than 188 kg.) Cardiello says he’s a dream client—one who doesn’t smoke or do drugs and rarely drinks.

“He’s one of the most disciplined celebrities or laymen I have ever worked with,” says Cardiello, who toured around the world with 50

from 2006 to 2010 as his full-time trainer and nutritionist. “His work ethic is unlike anything I’ve ever seen. I’ve watched him get out of the recording studio at 5:30 a.m., and at 6 a.m. he’s in the gym. Then later that day he’d want to train again. I’d have to stop him.”

50 isn’t afraid to manipulate his

by Eminem, 2 Chainz, Jeremih, and T.I. (The first single from the album, “Get Low,” dropped in May.)

Then there’s all his acting work. 50 plays himself in the big-budget comedy *Spy* with Melissa McCarthy and Jude Law. He portrays Jake Gyllenhaal’s manager and friend in *Southpaw*, a gritty, *Rocky*-type film

from the director of *Training Day* that used actual boxing cameramen to shoot the in-ring fight scenes.

And he's back as bad-guy Kanan on the second season of *Power*, a crime drama that centres on a nightclub owner/drug kingpin. 50 also provides original music for the show and serves as its executive producer—and don't think for a second he's a producer in name only.

"He's all over the show," says Courtney Kemp Agboh, *Power*'s creator and showrunner. "He and I will get on the phone and we'll talk for an hour or two hours and we'll come up with scenes or character moments or good beats. Honestly,

he's got a better grasp on story than some of the TV writers I've worked with over the years, because rappers tell complete stories—with beginnings, middles, and ends—in four minutes."

Agboh also notes that the show leans heavily on 50's athleticism and physical presence as an actor. "He kicks somebody's ass in the first episode of Season 2, and it's a brutal fucking fight," she says. "If you want to see 50 do awful, awful things, please watch *Power*, Season 2."

Finally, there's the underwear line for men. It's called Frigo, (which comes from the Latin word for *roast*). 50 designed his own line

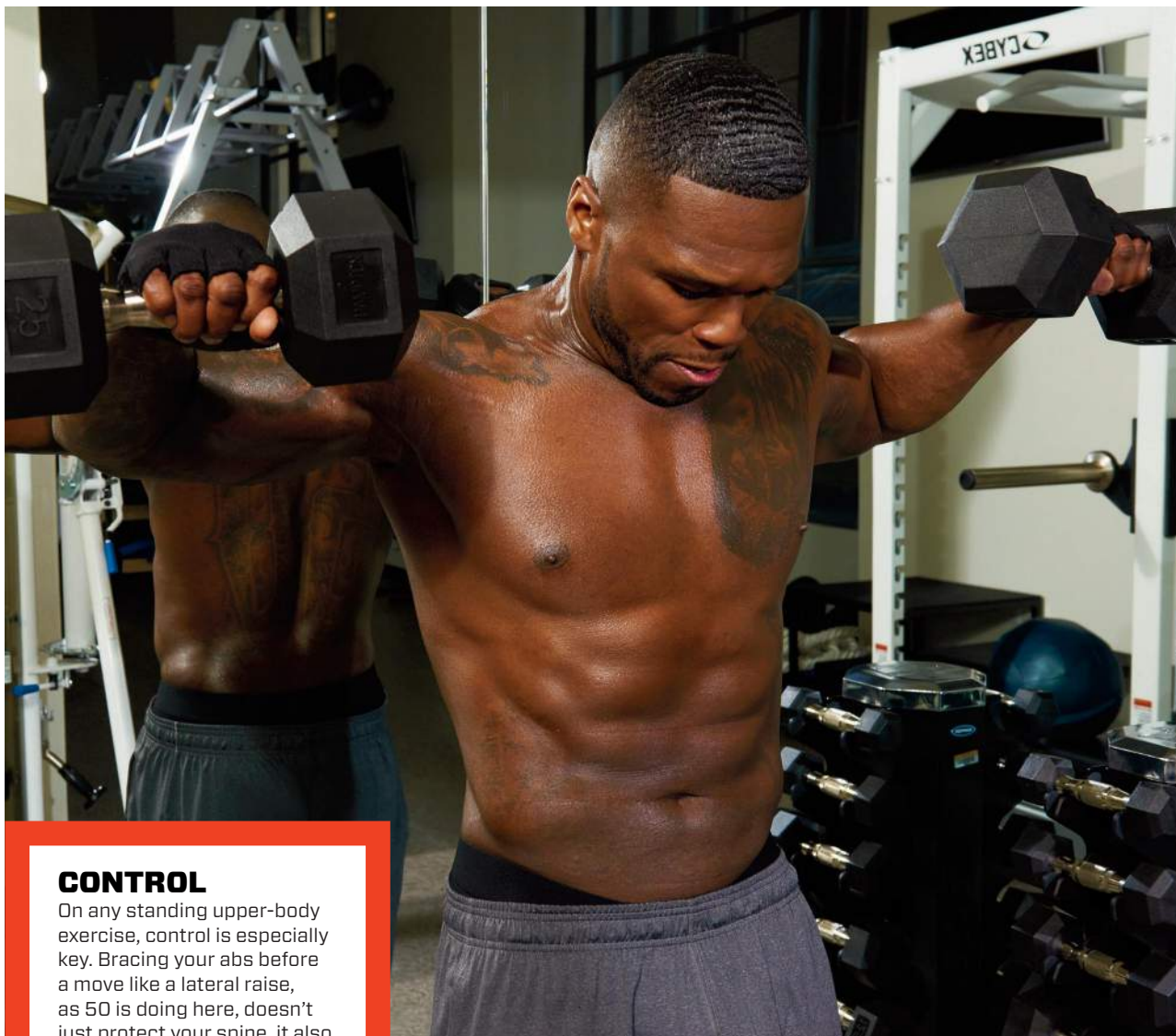
for Frigo called Frigo Crown, and to promote it he will appear on a billboard in New York's Times Square later this summer or early autumn in nothing but his underpants. To prepare for the shoot, 50 worked out twice a day for a month. But just

“

HIP-HOP—IT'S A YOUTH CULTURE. IT'S GOT A LOW-ATTENTION SPAN. 'OUT WITH THE OLD, IN WITH THE NEW' PEOPLE WHO STICK AROUND HAVE SIGNIFICANCE.

”





CONTROL

On any standing upper-body exercise, control is especially key. Bracing your abs before a move like a lateral raise, as 50 is doing here, doesn't just protect your spine, it also gives your abs some extra work and will help make your six-pack pop.

like with *Power*, he's not merely a face (or body) for the project. He's got his fingerprints all over the business.

"He probably saved us millions of dollars on stupid decisions we were going to make," says Mathias Ingvarsson, the founder and CEO of Frigo's parent company, Revolution-Wear. "One thing he said is don't advertise too much because social media has the most power. Get a couple

of big billboards in major markets and some TV ads and you're all set. Because of him we made a campaign that cost a lot less."

His worldwide reach doesn't hurt the brand either. "I was after 50 long before I got to the U.S., back when we were testing Frigo in Europe," says Ingvarsson. "He's the best promoter I think there is. In Europe everyone knows 50. China knows 50. Everyone loves 50."

Back in the gym, I ask 50 about his workload, if it ever becomes too much. All the projects, all the appearances, all the demands.

"It's nonstop," he admits. "You keep going. It's the whistle-while-you-work concept. When you love what you're doing, it's not difficult. You know, this is a lifestyle for me."

He says the key to his success—in all of these different areas—is he doesn't see limitations.

"I've learned enough about myself to know that I'm always going to be into something new," he says. "It's never going to end. I've been like this all my life. I always put something in front of me. I come up with something to be excited about and work on. And then I go get it." **M&F**

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50 SAID WHAT?

50 CENT WAS CRACKING JOKES THROUGHOUT OUR PHOTO SHOOT. HERE ARE JUST A FEW OF HIS REJOINDERS.

The Rock uses some big-ass weights. I can't do that and not look like the security.

Oh, man, this girl last night was amazing. I think I'm pregnant.

If you ever go in the gym and you're the best-looking person there, you're in a bad gym.

90 kg. That's really where I'm supposed to be at. When I start to get to like, 92, 93, I look like the Hulk. My shit be bubbled up!

If a person who has a camera listens to you, he's not a real photographer.

With the *Power* series, we made a huge audience feel like the lead character could die. Think about the last time you watched a film where you felt like the star was going to die. It doesn't happen. You watch the movie—Bruce Willis is gonna make it.

There's a place for bad music. It's called television.

I just got back from XS in Vegas. It was crazy. There were 5,000 people at a pool party at night. There's two-pieces everywhere. In New York City, when you see a two-piece, you're in a hotel room.

Every time a man's problem walks in, it walks in on heels.

50'S WORKOUT

The following is an example of what a typical workout looks like for 50 Cent. It was designed by 50's long-time trainer and *M&F* adviser, Jay Cardiello (cardiellofitness.com). "One of the biggest things for him is he needs to be able to run around with a microphone and perform for two-plus hours," Cardiello says. "I don't think most people realize how draining that is." To build cardiovascular endurance while continuing to build the shape 50 wants, Cardiello uses a lot of supersets; for example, 10 pushups after every set of bench press.

EXERCISE	SETS	REPS
Barbell Bench Press SUPERSET WITH Pushup	4	12, 10, 10, 8
Dumbbell Incline Press SUPERSET WITH Pushup	4	10
Skiping	3	2 min.
Heavy Bag Boxing Rounds	4	3 min.
Lateral Raise	4	15
Leg Raise*	3	10

*Do 10 reps straight on, 10 reps with a twist to the right, and 10 reps with a twist to the left.

ONE AT A TIME

Chest is definitely 50's strong suit. "He has a max bench of 188 kg," Cardiello says. In addition to traditional chest moves, Cardiello adds in unilateral floor presses, which no doubt helped 50 show off for this shot.





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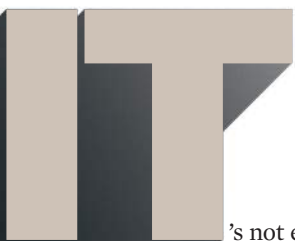


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BY KEVIN LILLY, C.S.C.S. PHOTOGRAPHS BY PER BERNAL



's not efficiency for efficiency's sake.

Getting in and out of the gym in 25 minutes

wouldn't be an attractive proposition if your gains had to be shortchanged in the process.

After all, we believe most *M&F* readers are like us, and we don't mind spending a long time in the gym. We find refuge in the iron, and we're not looking for any shortcuts.

With that said, speeding up your training sessions can work to your benefit. Keeping your heart rate elevated helps burn fat and raises your metabolism. While the goal of this programme is not to add muscle size—we want to get you ripped—there is enough volume to ensure you'll harden the muscle you've got.

The first circuit has three moves to develop power and one for aesthetics; the second circuit features one power move, two strength builders, and an aesthetic finisher. On each day, do Circuit 1 twice, then do Circuit 2 twice, resting two minutes between circuits. Don't rest between exercises.

Lastly, you'll wrap things up with an all-out cardio burst. To keep things interesting, this is a different activity every day. To minimize unwanted rest periods, lock down the equipment and real estate you need prior to your first rep. Once you get started, the next real break you take will be the one on the car ride home.

STRAIGHT-ARM PULLDOWN

Attach a straight bar to a high cable pulley station. Extend your arms and grasp it with a double-overhand grip. Keep elbows extended as you flex your lats and pull the bar down to your waist.



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DAY 1

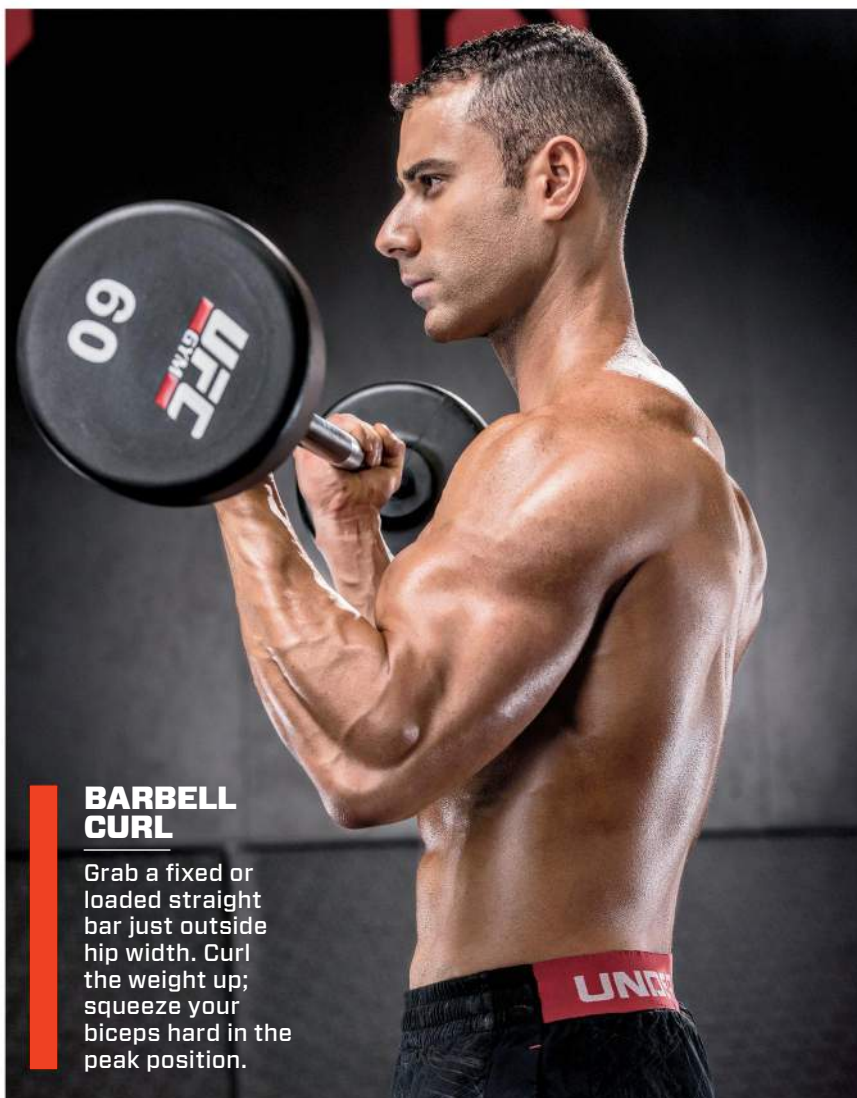
CIRCUIT 1

EXERCISE	REPS
Dumbbell Snatch	8 each arm
Plyo Pushup	15
Jump Split Squat	10 each leg
Barbell Curl	12
ADD DROPSET	12

CIRCUIT 2

EXERCISE	REPS
Kettlebell Swing	20
Dumbbell Overhead Press	10
Dumbbell Stiff-leg Deadlift	10
Hammer Curl	12
ADD DROPSET	12

CARDIO BURST:
ROW SPRINT x
500 METERS

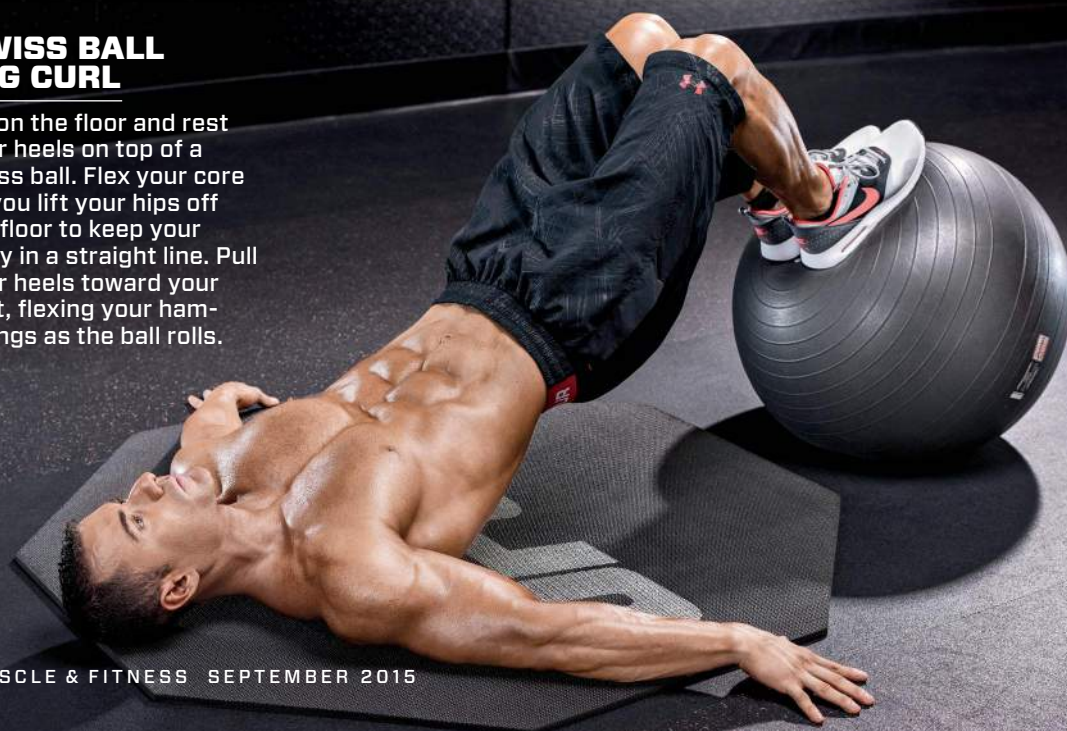


BARBELL CURL

Grab a fixed or loaded straight bar just outside hip width. Curl the weight up; squeeze your biceps hard in the peak position.

SWISS BALL LEG CURL

Lie on the floor and rest your heels on top of a Swiss ball. Flex your core as you lift your hips off the floor to keep your body in a straight line. Pull your heels toward your butt, flexing your hamstrings as the ball rolls.



A full-body photograph of a very muscular man with a low body fat percentage, showcasing his chest, abdominal, and arm muscles. He is holding a 20lb dumbbell in his right hand, performing a hammer curl. The dumbbell has '20' and 'UFC GYM' printed on it. He is wearing black athletic shorts. The background is a dark, textured wall.

HAMMER CURL

Grab a pair of dumbbells using a neutral grip (palms facing in). Curl the weights up to your shoulders, one arm at a time, alternating each rep. Squeeze at the top.

DUMBBELL ONE-ARM UPRIGHT ROW

Hold a single dumbbell in front of your waist, your palm facing you. Pull the weight up your body to your chin, flaring your elbow out.



DAY 2

CIRCUIT 1

EXERCISE	REPS
Medicine Ball Slam	12
Dumbbell Rear-delt Flye	15
Plyo Drop Squat*	20
Dip	25

*Jump off of a box, land softly in the bottom of a squat.

CIRCUIT 2

EXERCISE	REPS
Wide-grip Pullup	Failure
Dumbbell One-arm Upright Row	10 each arm
Straight-arm Cable Pulldown	10
Reverse-grip Triceps Pushdown	10

CARDIO BURST:
JUMP ROPE x
200 SKIPS





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STATIC ISOLATED MIDRANGE PUSHUP HOLD

Get into a pushup position and press up but stop shy of a lockout, with your elbows still bent. Hold the position for 60 seconds. This works like a plank but with a lot more work for your arms.



CIRCUIT 1

EXERCISE	REPS
Barbell Jump Squat*	10
Pec Flye on Swiss Ball	15
Seated Dumbbell Lateral Raise	12
Cable Curl	12

CIRCUIT 2

EXERCISE	REPS
Dumbbell Push Press	8
Static Isolated Midrange Pushup Hold	1 minute
Swiss Ball Leg Curl	15
Kettlebell Curl	10

CARDIO BURST: TREADMILL SPRINT x 1/4 MILE

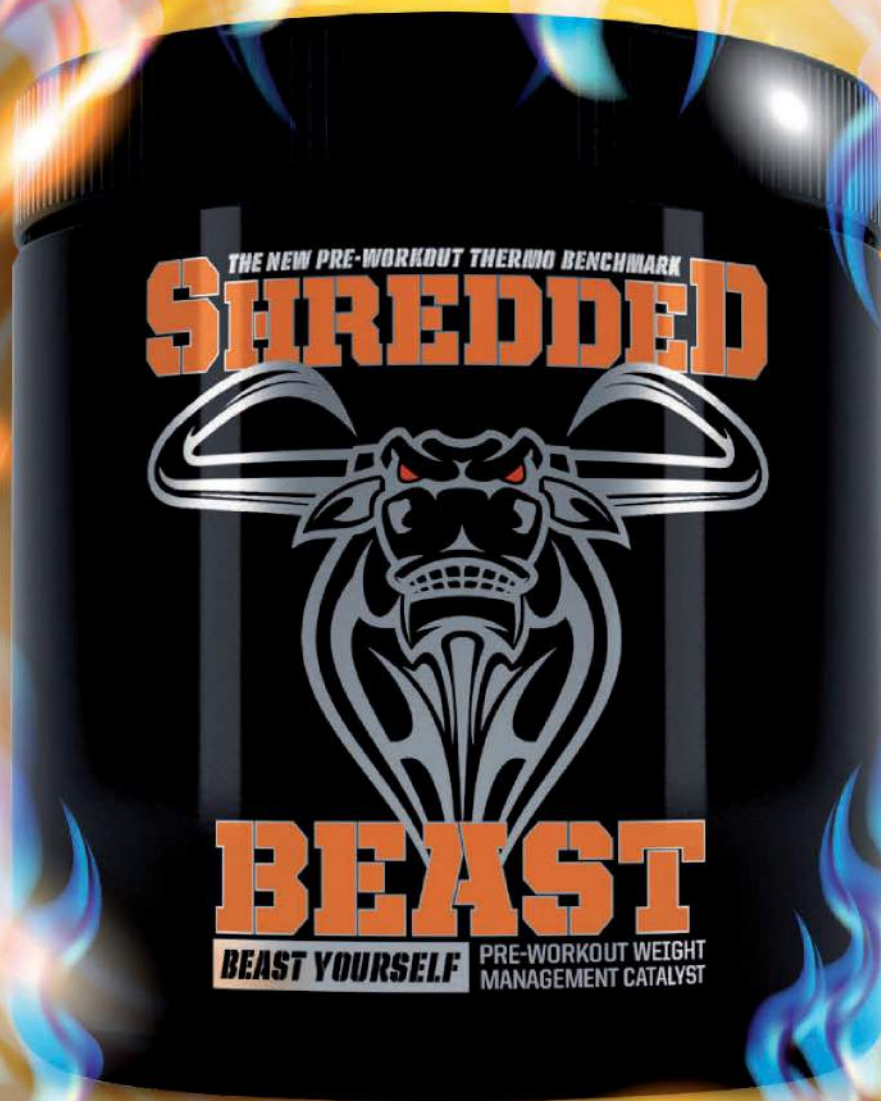
*Use 30% 1RM

**DAY
3**

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DAY 4

CIRCUIT 1

EXERCISE	REPS
Medicine Ball Wall Slam*	10
Seated Cable Row	10
Dumbbell Pullover	10
Lying Triceps Extension	10

*Each side.

CIRCUIT 2

EXERCISE	REPS
Cable Chop (low to high)	15*
Shoulder T**	10
Reverse Shoulder T***	10
Bench Dip	20

*Each side.

**Do a front raise, then spread your arms to form a "T."

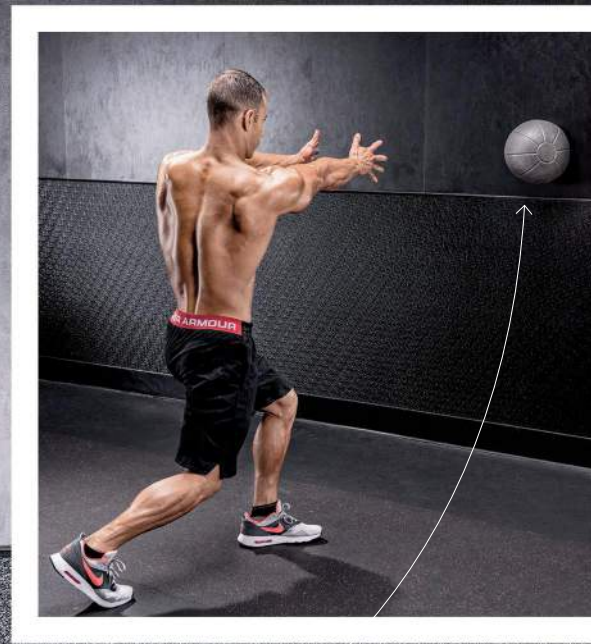
***Do a lateral raise, then bring your arms to the front of your body. Lower and repeat.

CARDIO BURST:
BOX JUMP
(MAX HEIGHT) x 10

DB PULLOVER

Lie on a flat bench and hold up a single dumbbell, your hands on the underside of the top plate. Extend your arms behind you so they're parallel to the floor, then lift the weight back up.





MEDICINE BALL WALL SLAM

Hold a medicine ball and stand sideways on to a wall. Swing the ball away from the wall, then explosively toward it, releasing it into the wall. Do equal reps on both sides. **M&F**

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BARBECUE SPECIAL

There's nothing more fun than cooking over an open flame. These recipes will let you enjoy one of man's favourite pastimes while keeping your muscle-building goals on track.

BY CHEF GAVAN MURPHY

PHOTOGRAPHS BY TRAVIS RATHBONE

CITRUS BARBECUE PRAWNS

SERVES 4

650 g medium wild prawns (peeled and deveined)
25-cm steel or wooden skewers
Zest and juice of 1 orange
Zest of 1 lemon
2 tbsp fresh ginger, grated
Drizzle of olive oil
Salt
Pepper

1) Place 6 prawns on each 25-cm skewer. If using wooden skewers, soak in cold water for at least 1 hour before barbecuing to prevent burning.

2) Combine orange zest and juice, lemon zest, ginger, and olive oil in a small mixing bowl. Use a brush to evenly coat one side of each skewer. It's ideal to do this right before you barbecue the prawns. If left for too long, the citrus will begin to cook the prawns.

3) Lay the prawns on a hot barbecue grill, glazed-side down. Cook for 2 minutes, glaze the opposite side, flip, then cook for 2 more minutes.

CHEF'S TIP

The citrus glaze in this recipe also works well for barbecued vegetables like courgette, squash, Japanese aubergines, and asparagus. Coat evenly, and barbecue them for just a few minutes per side.

MACROS PER SERVING

189	36g	4g	1g
CALORIES	PROTEIN	CARBS	FAT



**CHEF'S
TIP**

Cooking steak to medium rare doesn't just taste better but better preserves the quality of its protein, amino acids, and other nutrients.

BARBECUED SKIRT STEAK SALAD

SERVES 2

225 g organic skirt steak
Balsamic vinegar
Salt
Pepper
80 g organic mixed greens
1 organic yellow pepper, thinly sliced
1 cup cherry tomatoes, washed, halved
½ avocado, diced small
2 tbsp balsamic vinaigrette

- 1) Place the steak and balsamic vinegar (enough to generously coat the steak) in a resealable bag and marinate in the fridge for 30 minutes before cooking.
- 2) Remove the steak from the fridge and season with salt and pepper on both sides. Sear the steak on a hot pan for 4 minutes each side for medium. Allow the steak to rest for 3-4 minutes to let the juices redistribute back into the meat before slicing.
- 3) Place greens, yellow pepper, and cherry tomatoes in a large salad bowl and toss. Top with avocado, slices of steak, and balsamic vinaigrette, then serve.

MACROS PER SERVING

574	39g	41g	29g
CALORIES	PROTEIN	CARBS	FAT

BARBECUED CHICKEN SUCCOTASH

SERVES 4

3 225g organic chicken breasts with skin, (skin can be removed after cooking)
Salt
Pepper
Cooking spray made from canola or grad oil
2 tbsp olive oil
1 red bell pepper, diced
1 yellow bell pepper, diced
½ red onion, diced
230 ml chicken stock
2 garlic cloves, minced
2 fresh corn on the cob, kernels removed or 1 bag frozen corn
12-15 cherry tomatoes
1 tsp chili flakes
320 g butterbeans
1 tbsp fresh coriander, chopped
1 lemon

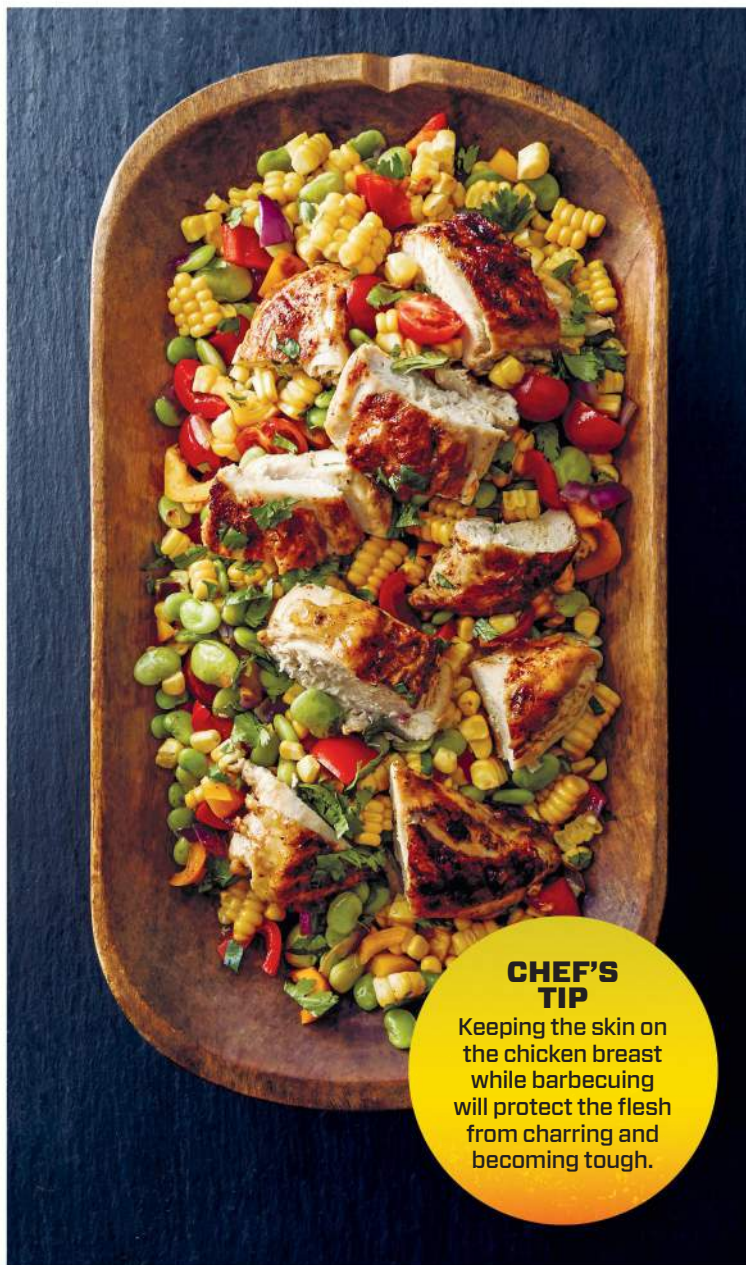
- 1) Preheat barbecue to high heat.
- 2) Season chicken breasts with salt and pepper on both sides. Spray rack liberally with oil spray and sear the chicken skin side down for 3-4 minutes, or until golden brown. Flip and sear for an additional minute, then move the chicken to a lower-temperature area of your barbecue (or finish it in a foiled tray in a conventional oven).
- 3) Once cooked, let rest for 2 minutes before cutting. This will redistribute the juices back into the meat.
- 4) While the chicken is cooking, heat a large sauté pan to medium-high heat for 1 minute. Add 2 tbsp of olive oil then add in the peppers

and onions and cook for about a minute, stirring. Stir in chicken brothstock, garlic, corn, tomatoes, and chili flakes and sauté together for 4-5 minutes. Reduce heat to medium, then add in the butter beans and sauté with the other ingredients for 2 more minutes.

5) Taste and season with additional salt and pepper. Add chopped coriander to finish as well as a squeeze of lemon juice.

MACROS PER SERVING

586	60g	37g	22g
CALORIES	PROTEIN	CARBS	FAT



CHEF'S TIP

Keeping the skin on the chicken breast while barbecuing will protect the flesh from charring and becoming tough.

AHI TUNA BURGERS

SERVES 4

½-kg sushi-grade ahi tuna
2 tbsp low-sodium tamari
(or soy sauce)
1½ tbsp olive oil
Zest and juice of 1 lime
7 g fresh coriander, chopped
2 tsp ground ginger
1 tbsp Dijon mustard
½ tsp wasabi paste
¼ tsp salt
¼ tsp pepper
4 whole-wheat rolls
FOR GARNISH:
bean sprouts
avocado
lettuce

- 1) Chop the tuna into chunks and add to a food processor. Pulse a few times to break down tuna.
- 2) In a large mixing bowl add tamari, olive oil, lime juice, and zest, coriander, ginger, Dijon mustard, wasabi paste, salt, and pepper. Mix and add to tuna. Blend until well combined, about 1 minute until it has a consistency similar to minced beef.
- 3) Form evenly into 4 patties.
- 4) Preheat large nonstick sauté grill pan on

medium heat for 1 minute. Sear for 2 minutes on each side for rare burgers or longer for more well done.

- 5) Serve with fresh sprouts, avocado, and lettuce on a toasted whole wheat bun.

MACROS PER SERVING

465	39g	25g	24g
CALORIES	PROTEIN	CARBS	FAT



CHEF'S TIP

For a healthier homemade alternative to store-bought ketchup, go to gavanmurphy.com for Gavan Murphy's recipe for ginger-spiced ketchup.

SUMMER POTATO SALAD

SERVES 4

½ kg mini potatoes
1 large garlic clove, minced
1 tbsp olive oil
Salt
Pepper
225 g baby summer squash, green and yellow
4 radishes, thinly sliced
2 tbsp chives, chopped
1 tbsp Dijon mustard
1 tbsp chives
Juice of ½ lemon
120 ml olive oil

- 1) Preheat oven to 190°C/gas mark 5
- 2) Cut the potatoes in half. In a large mixing bowl toss potatoes, and garlic together with 1 tbsp olive oil and salt and pepper.
- 3) Lay the potatoes *only* in a single layer on foiled oven tray. Bake in oven for 30 minutes, or until tender.
- 4) After 15 minutes, add the baby squash, radishes, and 2 tbsp chives to potatoes in the oven. Cook until tender but not mushy. Remove tray from oven and let sit for a few minutes.
- 5) Make the dressing by combining Dijon mustard, 1 tbsp chives, lemon juice in a food processor and slowly add the olive oil. If you don't feel like breaking out the food processor, you can put everything in a small container with a lid and give it a good shake to emulsify.
- 6) Put cooled mixture in a bowl and lightly coat with dressing; use only about half of the dressing, saving the rest for other salads you might have during the week.

MACROS PER SERVING

359 CALORIES	3g PROTEIN
26g CARBS	29g FAT

Chef Gavan Murphy lives in Los Angeles. Find him on the Web at gavanmurphy.com and on Twitter @healthyirishman and Instagram @gavanmurphy.

SLAMMIN' SUMMER SALMON

SERVES 4

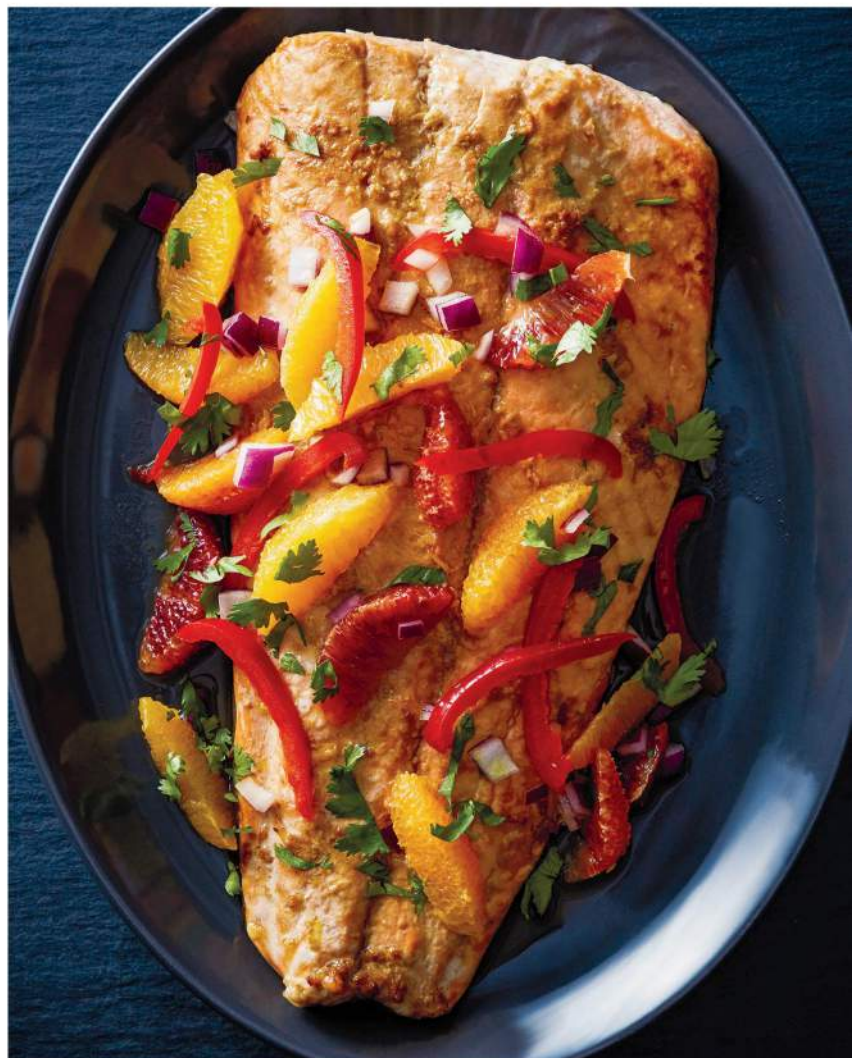
1 kg wild Pacific salmon
450 ml freshly squeezed orange juice
50 ml low-sodium tamari (or soy sauce)
2 tbsp fresh ginger, chopped
2 blood oranges, cut into segments
1 navel orange, cut into segments
1 cup red pepper, julienned (matchstick-size strips)
1 cup red onion, thinly sliced
30 g fresh coriander, chopped
1 tsp toasted sesame oil

- 1) Mix orange juice, tamari, and ginger in mixing bowl and marinate salmon for up to 2 hours in the fridge. Remove 30 minutes before cooking to allow it to return to room temperature.

- 2) Using a small, sharp knife, cut the peel and the white pith away from the orange. Hold the oranges over a bowl and cut in between the membranes to release the orange segments into the bowl. Once all the segments are released, squeeze remaining juice from the oranges over the segments.
- 3) In separate medium mixing bowl, combine the red pepper, onion, coriander, sesame oil, and pinch of salt together. Add the orange segments. This should be prepared 1 hour before you cook the salmon.
- 4) Preheat oven to 200°C/Gas Mark 6. Lay the marinated salmon on a foiled oven tray and roast in oven for about 20 minutes or until opaque in color and firm to the touch.
- 5) To serve, layer orange-pepper mixture over salmon. **M&F**

MACROS PER SERVING

581 CALORIES	66g PROTEIN	36g CARBS	19g FAT
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THE

7-DAY SHRED

Don't let the headline fool you. We're not trying to "Lose weight fast!" There will be no long stays in a sauna or running around in the blazing heat, wearing a poncho. Such measures can hinder performance and hurt your body. Unlike extreme methods, our 7-Day Shred is a nutrition and cardio plan similar to what a bodybuilder or physique competitor would use to achieve peak condition before a contest. It will give your muscles a hard and dry look without sacrificing your health in the process.

BY MARK BARROSO

D

esigned by Brad Pilon, author of the intermittent fasting guide *Eat Stop Eat*, the purpose of the 7-Day Shred is purely improved aesthetics. It's a weeklong diet that accompanies whatever weight training split you're currently using.

This is a safe and effective way to peak for a bodybuilding show, photo shoot, wedding, vacation, day at the beach, or even a roll in the hay. You've put in the work. Now it's time show it off.

HOW IT WORKS

The 7-Day Shred works best for the man who is already around 10–15% body fat but wants to put the finishing touch on his physique. For the duration of this plan, you'll stick to your regular weight training routine, except for Day 5, when Pilon prefers a high-volume, total-body workout to stoke metabolism. There is no sodium manipulation since Pilon says "you only see a noticeable difference with salt manipulation when a guy is very lean—8% body fat or less." Pilon also advises against eliminating water from the diet because water makes "muscles stay fuller, while your skin is still tighter looking. It's a win-win." Take note of the rules below and start watching your physique transform before your eyes.

THE RULES

The following rules apply to the entire seven days of the plan.



CARBS:

The only carbs allowed are starches such as whole grains—rice, whole-wheat pasta, potatoes, and sweet potatoes. Fruit has sugar, so leave it out.



CARDIO:

"Low-intensity cardio" refers to walking, biking, or using an exercise machine like an elliptical or StairMaster StepMill. Keep your heart rate between 120–140 beats per minute.



SUPPS:

BCAAs and protein. Limit protein shakes to one per day. If you're over 98 kg/215 pounds, add a second shake. If black coffee makes you hold more water, try a caffeine pill.



SUGAR:

Foods with added sugar are prohibited.



ALCOHOL:

Alcohol is prohibited.

THE MATHS

Each day, you'll multiply your body weight in pounds by a given number to determine the calories you need to consume that day. From there, you'll figure out your macronutrient intake: the measure of protein, carbs, and fat you need.

THE 7-DAY SHRED

DAY
1

START A 24-HOUR FAST between noon and 2 p.m. That means don't eat anything until the same time the next day. During this fast, you can drink water (flat or sparkling), black coffee, or tea.

DAY
2

NUTRITION

Your body weight (BW) x 8 = Total Calories

BW x 2 = Calories from Protein

BW x 3 = Calories from Carbs

BW x 3 = Calories from Fat

HYDRATION

Drink an extra 2.5 litres of water than you normally do.

TRAINING

Low-intensity cardio (performed toward end of fast)

DURATION: 60 minutes

DAY
3

NUTRITION

BW x 12 = Total Calories

BW x 3 = Calories from Protein

BW x 5 = Calories from Carbs

BW x 4 = Calories from Fat

HYDRATION

Add another **.5 LITRE OF WATER**, so now you're drinking 3 more litres of water than you normally do.

DAY
4

NUTRITION

BW x 10 = Total Calories

BW x 3 = Calories from Protein

BW x 4 = Calories from Carbs

BW x 3 = Calories from Fat

HYDRATION

Add another .5 litre of water so now you're drinking 3.5 more litres of water than you normally do.

TRAINING

Low-intensity cardio

DURATION: 45 minutes

DAY
5

NUTRITION

BW x 8 = Total Calories

BW x 3 = Calories from Protein

BW x 3 = Calories from Carbs

BW x 2 = Calories from Fat

HYDRATION

Add another .5 litre of water so now you're drinking 4 more litres of water than you normally do.

TRAINING

Do a full-body, high-volume weight workout. Post-workout, eat a meal that includes at least your body weight in pounds of calories from carbohydrates. For example, if you weigh 180 pounds, eat 180 calories from carbs, which is 45 grams of carbs.

After your post-workout meal begin a 16-hour fast. Start between 4 p.m. and 10 p.m. During this fast continue to drink water, black coffee, or tea, but no carbonated drinks.

DAY
6

NUTRITION

Eat the following once your fast is over:

BW x 10 = Total Calories

BW x 3 = Calories from Protein

+ 8-10 grams BCAAs

BW x 1 = Calories from Carbs

BW x 5 = Calories from Fat

AVOID

All dairy products, except butter or cheese that are at least 45% fat. Cheeses with more fat will have more protein.

HYDRATION

Drink as much water as you did on Day 5.

TRAINING

Low-intensity cardio (perform fasted in the morning)

DURATION: 45 minutes

THROUGHOUT THE PROGRAMME AVOID SIMPLE SUGARS.

THEY INCLUDE:

- fizzy drinks
- **BREAD**
- Fruit juices
- Yogurt with fruit, sweets, additives, etc.
- Breakfast cereals
- Crackers
- Honey, jam, and sweet sauces



A full-page photograph of a very muscular man with short brown hair and blue eyes. He is shirtless, showing his highly defined pectoral, abdominal, and arm muscles. He is wearing black athletic shorts. He is holding a large black dumbbell in his right hand, performing a bicep curl with his arm raised towards his shoulder. The background is a solid bright yellow.

DAY
7

NUTRITION

BW x 8 = Total Calories

BW x 2 = Calories from Protein

+ 2 Servings of 8-10 grams BCAAs

BW x 1 = Calories from Carbs

BW x 5 = Calories from Fat

Start a 12-hour fast between 8 p.m. and 10 p.m. At the beginning of your fast, you're done with water loading. So once you start fasting, your water consumption can go back to your normal intake before starting this programme.

AVOID

All dairy products, except butter or cheese that are at least 45% fat. Carbonated beverages.

TRAINING: OFF DAY

DAY
8

SHOW TIME!

Avoid dairy and sparkling water. **M&F**

SAMPLE DAY

This is how the numbers would look for a 190-pound male for DAY 1.

190 x 8 = **1,520** Total calories

190 x 2 = **380** = Calories from Protein

190 x 3 = **570** = Calories from Carbs

190 x 3 = **570** = Calories from Fat



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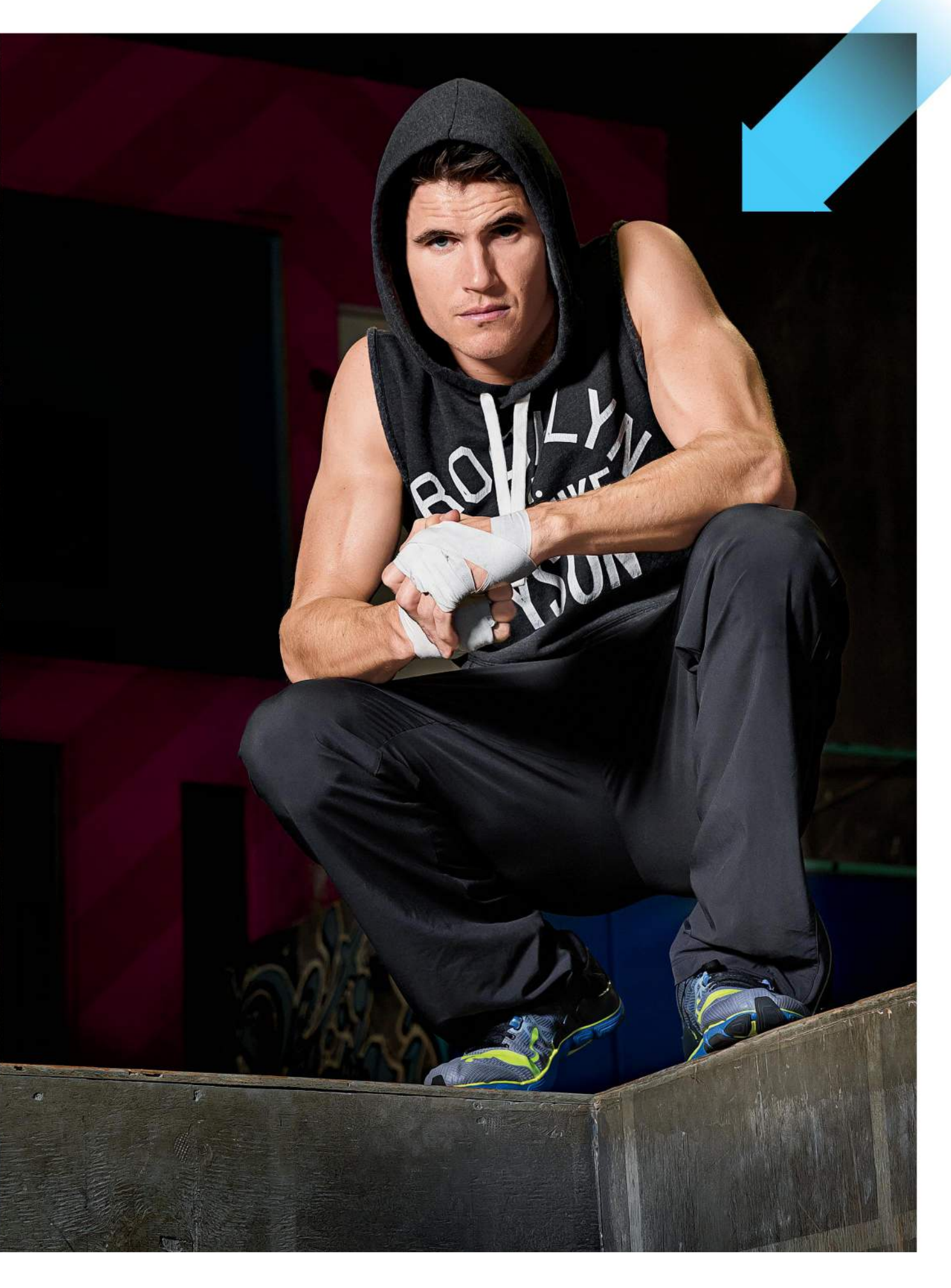


A full-page photograph of actor Robbie Amell in a dynamic free-running pose. He is suspended in mid-air, holding onto a thin vertical wire with his right hand. He is wearing a dark blue sleeveless hoodie with the text "BROOKLYN N.Y. IRON MIKE TYSON" printed on it, dark blue cargo pants, and blue and yellow sneakers. He is also wearing white wristbands. The background consists of a dark, industrial-looking structure with metal beams and a large, dark, angular shape in the foreground. The title "SOAR LIKE A SUPERHERO" is overlaid in large, bold, white capital letters.

SOAR LIKE A SUPERHERO

The Flash star **Robbie Amell** found flight and freedom in free running. You can too.

BY SEAN HYSON ///
PHOTOGRAPHS BY IAN SPANIER





SHOT ON LOCATION AT TEMPEST FREERUNNING ACADEMY, CHATSWORTH, CA



We're watching Robbie Amell vault over boxes, run up walls, jump off 15 metre ledges, and swing from bars as if they were vines in a jungle and he were Tarzan. He's sweating and his hands are getting rubbed raw. It's a display of well-rounded athleticism rarely seen outside of a movie screen or an episode of *American Ninja Warrior*; and, most impressively, Amell's out of practice with it.

"I haven't done this in a year," he says, in between heaving breaths. The 27-year-old actor, now starring as Firestorm in the Sky hit series *The Flash*, began freerunning three years ago, but the demands of shooting movies, including last winter's *The DUFF* and this summer's *Max*, in which he plays an ill-fated Marine, have kept him away from it. He came back to Tempest Academy, a freerunning gym in Chatsworth, California, yesterday to get his groove back before our photo shoot, and he's still finding his bearings. But even though Amell's movement may not be up to his standards, it's far more fluid than most—especially grizzled gym vets with tight hips and bad shoulders.

HIS GENERATION

It's a harbinger, perhaps, of a new breed of superhero movie stars to come. Not only will they be muscular and six-pack adorned, as Amell is, but they'll be able to move powerfully as well—akin to the way their characters do in outlandish action sequences, but for real. "Freerunning has helped me get in shape for roles," says Amell, who might have qualified for pro hockey had he not changed paths to acting. The Toronto native stands 180 cm and weighs 75 kg, and credits freerunning training with allowing him to perform complicated stunts himself. "On *The Flash*, I had to jump off a roof and kick a guy in the head. I wouldn't have been able to pull that off before."

And he's not the only one—not even in his own family. His older cousin Stephen Amell also plays a hero on *Arrow*, a companion show with a story line that exists in the same universe as *The Flash*. He, too, is ripped, handsome, and into freerunning, and will star in the upcoming *Teenage Mutant Ninja Turtles* sequel. "My cousin got me into this," he says. "It's the hardest workout we've ever done."

LET NOTHING STOP YOU

Freerunning was born from parkour, a sport that originated with the obstacle courses used to train France's military

personnel, according to JT Hiltibrand, a freerunning coach at Tempest.

"Parkour is about moving from Point A to Point B in the most efficient way possible," he says—regardless of what bushes, holes, or walls may lie between the two. "Freerunning is more about style and expressing yourself through movement." As a result, freerunners are known for their acrobatic tricks and showmanship, and the training—now a sport itself, where competitions are judged according to movement efficiency as well as the difficulty of tricks—is growing.

Amell sums up freerunning's appeal as not only a way to learn how to pull off stunts like in the movies but also to experience camaraderie with other fitness seekers (as you see in CrossFit boxes). "That's mainly it," he says. "You get in shape just by being around other people and doing it with them." To those who may be turned off by counting sets and reps or competing against others on exercises, freerunning offers calorie-burning and muscle-building activity without structure, obligation, or pressure to perform. "It's so freeing to come in here and work out the way you want to," says Amell. "Not just go to the gym and lift weights." No two freerunning classes are alike, and there's no specific curriculum.



CLINGING TO LIFE

Of course, freerunning does have the potential to promote a few anxieties: fear of falling to one's death, for instance. But in spite of the risky manoeuvres Amell performs for us, injuries are very rare. "It's mental," he says. "You're going to be afraid to take a flying jump until you do it, and then you see it's not that big a deal. So, in that sense, it's really good training for life." As for the learning curve, Amell says it took him a handful of hour-long

classes at Tempest to get the basics down and be comfortable taking leaps and bounds. Once you get comfortable inside, running through a course with supervision, Hiltibrán says, you can go outdoors for a real challenge. "You can use walls, ledges, rails. Your body is the limit on what you can do."

The hardest trick of all for Amell remains the "cliffhanger," in which the freerunner crawls laterally along multiple ledges of different heights by his fingers. Amell's lats, shoulders, and

forearms bulge as he attempts it, which is probably the muscular equivalent of performing hundreds of pullups. He makes a few passes at it, enough for us to get our shots, and then drops softly from the wall. "My dream role is to play Batman one day," he says, which would be the fulfilment of a childhood fantasy that began with a love of comic books. Whether or not Amell ultimately gets the call, one thing is for sure: He won't have trouble scaling Gotham Cathedral when the time comes.

THE FREERUNNING FOUR

PRACTISE THESE MOVES TO GET THE SPEED AND AGILITY OF A SUPERHERO.

FOR ROBBIE AMELL, the freerunning techniques that follow are only a warmup. But for everybody who doesn't make a living bounding off walls and jumping over people, they're enough of a workout on their own to build quickness, balance, and conditioning. Practise them at your own risk, or, better yet, find a freerunning gym like Tempest (tempestacademy.com) to get in-depth instruction.

KONG VAULT

Run toward a sturdy box or other obstacle and begin to jump a few feet in front of it—you should have to reach to touch the edge of it. Lean your torso forward and dive towards the wall almost as if you were diving into a pool in front of you. Touch the wall with arms straight and on the outside of your legs.

Tuck your knees to your chest and let the momentum carry you over the obstacle. **If that's too difficult, jump only high enough to place your feet somewhere on the obstacle and stop.** Progress to putting one foot on top of the surface—then both feet.



SPEED VAULT

Run toward the obstacle. As you approach it, push off with your left leg and kick your right leg up and out to the side. Allow the left leg to follow it. As your body passes over the obstacle, lightly place your left hand on the surface for support.

While in the air, bring your left leg in front of your body as you draw the right leg back. Land softly on your left leg on the other

side of the obstacle and continue running fluidly. Don't turn your hips over or you'll land on both legs facing the obstacle.

The goal is to keep moving in the same direction without slowing your pace.

Beginners should start with a simple safety vault, where you briefly tap your right foot on the obstacle for stability as you're vaulting over it.



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DASH VAULT

Run toward the obstacle and jump with your right leg, raising it above your hips. Let your left leg follow suit. As you pass over the box, touch your hands down on the surface next to your hips with fingers facing forward. Lean back and align your legs so your body takes a V-sit shape.

Push your body forward with your arms, spreading your chest, and kick both legs to help you off the box. Land on the ground upright, not leaning backward. **To get the technique down, start by simply running and jumping up onto the obstacle and sticking the landing** (imagine doing a running box jump). From there, try getting off the box by planting your hands on it and kicking your legs out to land in front of the box. Practise!

WALL RUN

Make sure you're wearing shoes that offer good traction. Take time to measure out how many steps you need to take to get to the wall and which foot you'll jump off. Run to the wall and place your foot on it at about hip level (that is, while standing)—**if you place it too high, you'll kick the wall and bounce off; too low, and you'll slide down it.** Speed up as you approach the wall—trust your foot. Reach with your arms as you move up the wall to grab the top and help you pull yourself over it. **M&F**



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British and American
men's physique pros
RYAN TERRY and
ANTON ANTIPOV team
up to train arms using
only supersets.



ARM GAINS





By **JOHN PLUMMER**
Photography by
CHRISTOPHER BAILEY

SOME THINGS IN LIFE ARE BETTER IN PAIRS:

William and Kate, Posh and Becks and steak and eggs, to name just a few. So it is in the gym too. Supersets are a great way of training two muscles together either as a break from the norm or as a regular time saving alternative.

We asked two of the finest physiques from either side of the Atlantic to combine their favourite biceps and triceps exercises in one arm-expanding super-set-only workout.

Ryan Terry and Anton Antipov are clearly well armed for the task. Both men used to be male models before transitioning to physique contests with considerable success.

Ryan is a two-time IFBB pro show champion who will this month become the first Brit to compete at the Men's Physique Olympia in Las Vegas, the most prestigious contest on earth. Anton, who was born in Belarus and now lives in America, will also be in Vegas for his third Olympia.

They met this year at the Arnold Classic in America and are now friends as well as rivals. "Anton is somebody I've always looked up to for his physique and I've recently come to realise he's also a great guy," says Ryan, 26.

Anton, 32, replies: "Ryan's a grounded guy with a fantastic physique. He blew

ANTON ANTIPOV

AGE 32

PLACE OF BIRTH Belarus

LIVES New York

HEIGHT 5 ft 11 ins / 180 cm

WEIGHT 86 kg / 190 lbs

CAREER HIGHLIGHT Qualifying for the Men's Physique Olympia in 2013, 2014 and 2015.

AMBITION To strive for progress and better myself with each show.

TRAINING ADVICE Stay consistent. In the end it all pays off.

SPONSORS Gym Aesthetics and Nutrex Research

TO CONTACT antipovanton.com





RYAN TERRY

AGE: 26

PLACE OF BIRTH: Worksop, Nottinghamshire

LIVES: Retford, Nottinghamshire

HEIGHT: 5 ft 10 ins / 178 cm

WEIGHT: 90 kg / 198 lbs

CAREER HIGHLIGHT: 2013 Arnold Classic Europe overall champion; 2013 British champion; winning two pro shows.

AMBITION: It was always to qualify for the Olympia. Now I've achieved that, top 5 would be great.

TRAINING ADVICE: Push your body but always listen to it.

SPONSORS: USN

TO CONTACT: On Instagram @ryanjterry or visit ryanterry.co.uk

the competition out of the water in America this year and could easily be a top six guy at the Olympia.”

Both men have reached the top by adopting totally different approaches to arm training. Ryan hits his twice a week. “I need slightly bigger arms so I do biceps and triceps together once a week and I also train triceps after chest and biceps after back,” he says.

Anton, however, only works arms once every seven days and sometimes even skips that because his pipes are already swole. “I replace some arm days with legs and back because I need to develop them more,” he says.

But they both enjoy blasting biceps and triceps. “You get a quick pump with arms and they’re relatively easy to train,” says Anton. “Plus they’re very showy muscles.”

Ryan agrees: “They’re the first thing you train when you start going to the gym and you usually see improvements quicker than you do with other muscle groups.”

The two guys met at Total Fitness Emporium in Birmingham for their superset-only arms workout. In the spirit of Anglo-American relations, they agreed to choose half the exercises each. Anton selected the first superset; Ryan nominated the second and they picked an exercise each for the last two – Ryan opted for cable curls and EZ cable curls for biceps; Anton went for pushdowns and rope extensions for triceps.

Here’s what they did and – in their own words – how they did it.



SUPERSET 1

BICEPS

EXERCISE Preacher biceps curls using EZ bar and hammer curls

REPS 4 x 12, 10, 8 and 6, increasing the weight each set

ANTON SAYS “You can do preacher curls on a machine or with a bar. Go for a full contraction so you work all the biceps, including the brachialis, which a lot of people neglect. Hammer curls add variety and help to make you look good from the side. Many guys do lots of curls with a bar or dumbbells but they’re essentially doing the same movement so hammer curls prevent this problem.”

RYAN SAYS “Preacher curls are a very good isolation exercise. They really work the peak of the muscle and help to pack on quality size.”





SUPERSET 2

TRICEPS

EXERCISE Skull crushers followed by dumbbells kickbacks

REPS 4 x 12, 10, 8 and 6, increasing the weight each set

RYAN SAYS “You can do skull crushers on a flat bench or incline. I lower the bar right down to my forehead but then I push out rather than up, which is something Dave Titterton (a bodybuilder Ryan trains with) taught me. I find it isolates the triceps more. For the kickbacks, I like to bend right over so I can isolate the muscle more and I make a big effort not to swing the weight. Don’t worry about how much you can lift with this exercise. It’s all about feel.”

ANTON SAYS “Skull crushers are a ‘meat and potatoes’ exercise for building arms. It’s one of those exercises, along with close grip bench press that everybody does. You will get a lot of size from doing it. Change the incline of the bench to hit the muscle from different angles.”

“Don’t worry about how much you can lift with this exercise. It’s all about feel.”





“Don’t shorten the movement. Bring the cable across your body and squeeze.”

SUPERSET 3

BICEPS AND TRICEPS

EXERCISE Cable curls and triceps pushdown

REPS 3 x 12

ANTON SAYS “The curls are a contraction movement. Squeeze and hold for a second then bring the weight back down slowly. Don’t bounce out of the contraction. It’s a very slow and concentrated movement. A lot of guys don’t understand contraction when they train biceps. They lift the weight up and let gravity take it down. Go for a maximum contraction on pushdowns too and don’t do half reps. Bring the bar as high as you can without letting your elbows flare out. You can go a little heavier on this than with a rope but I like to use both.”

RYAN SAYS “When you do the curls, try and keep your shoulders in line, which will maintain good form. Don’t shorten the movement. Bring the cable across your body and squeeze. For the pushdowns, keep your elbows close to your body; try not to use your body weight by leaning into it.”



SUPERSET 4

BICEPS AND TRICEPS

EXERCISE Rope extensions and EZ bar cable curls

REPS 4 x 12

ANTON SAYS “Using the rope allows you to get more movement. You can manoeuvre it more than you can a bar so you get different options, whether you keep your elbows in or out. But you can't go as heavy with a rope so it's all about proper tension and contraction. I do it as slowly as possible. Remember to keep your shoulders back – don't shove your body forward.”

RYAN SAYS “It's really important you keep your back straight for the curls. Don't lean into the machine. Keep your elbows tightly tucked into the sides of your body and focus on squeezing at the point of peak contraction.”



Being shot and losing a leg would have ruin many men's lives. But it spurred British soldier **Mark Smith** to new heights.

BY JOHN PLUMMER /// PHOTOGRAPHY BY CHRISTOPHER BAILEY

FIGHTING BACK

In every gym there are people with remarkable stories; men and women who have overcome adversity to build impressive physiques. But you'd have to travel far and wide to find someone with a tale to match that of Mark Smith's, a man whose ordinary name belies extraordinary achievements.

In 2011, Smith was preparing to return to Afghanistan to serve the British army. A soldier since the age of 18, he was already a veteran of campaigns in Bosnia and Iraq and was now getting ready for a second tour of Afghanistan.

During a routine firearms exercise a fusillade of bullets rained through a wall he was stood against and struck him several times in the leg and shoulder.

Smith had to be resuscitated six times and spent several days on life support. When he finally regained consciousness a surgeon greeted him with the news: "We take your leg today or you don't see tomorrow." The bullets

had ruptured the large femoral artery in his thigh, causing a build-up of toxins that were causing organ failure.

Even for someone as naturally upbeat as Smith, it was shattering news. He shed a few tears but within days he was back to his positive self. "I was surrounded by lads who were missing both legs or paralysed," he says. "I felt my injury was just a scratch in comparison and lucky that I was still alive to be a dad and husband."

Recovery was slow and required 10 weeks of going 'nil by mouth', unable to eat solid food. His physique, built on daily physical training in the army and evening gym workouts, was wasting away.

When he could eat again, regular doses of morphine had killed his appetite. "Everything tasted metallic," he recalls. "I had to wear a nasal tube to keep my calories up but the weight fell off me. I lost over 20 kg and dropped to about 60 kg. I looked really ill and as someone who had always enjoyed the gym, it got to me."



Guest posing at the
2015 BodyPower Pro
in Birmingham.

TOTAL REBUILD

Smith started working out again when he was still in a wheelchair. “All I wanted to do was train so that I never looked that ill again,” he says. “The gym became my escape and the one place I felt at home.”

As his physique broadened so did his ambitions. “I wanted to do something that would still challenge me physically,” he says. “I needed an adrenaline rush; something to motivate me and give my life some routine again. I found that with bodybuilding.”

Intense training, routine and discipline came naturally to a military man and

when his prosthetic limb was fitted, he wanted the goal of getting on stage in a competition. In November last year he entered – and won – his first contest for amputees. Finally he’d found something to replicate the thrill of being in the forces.

Smith, 30, has now won four out of five contests, including the Hercules Olympia in Colchester and the adaptive division at the Phil Heath Classic in America where he even got to pose with four-time Mr Olympia Heath.

He was invited to perform a guest spot at this year’s BodyPower Pro in

Birmingham, a show that also included a wheelchair contest. Smith is passionate about promoting disability bodybuilding and with the help of forces’ charities, social media, event promoters and other disabled athletes the number of opportunities to get on stage is increasing.

“New lads are coming forward, unaware it existed,” says Smith. “If we carry on making rapid progress then I believe there will be a pro category, fit to open any show. I have already been fortunate enough to enjoy some amazing opportunities, such as, competing in America and there’s no reason why anyone in the category couldn’t do the same.”

ADAPTIVE TRAINING

Many people are surprised Smith is able to train his lower body but he makes a special effort to develop his left leg. “I’m well aware that when I step on stage people’s eyes will naturally be drawn to my prosthetic leg so when they see my



SNAPSHOT

NAME: Mark Smith

AGE: 30

PLACE OF BIRTH: London

LIVES: Milton Keynes

HEIGHT: 183 cm / 6 ft

WEIGHT: 83 kg / 183 lbs
contest weight

CAREER HIGHLIGHT:
Posing with Mr Olympia Phil Heath on stage at the Phil Heath Classic in Texas.

AMBITION: To follow in the footsteps of Simon Robinson, the only amputee to have guest posed on the Olympia stage, and to help create a pro division for amputee bodybuilders.

SPONSORS: Sci-MX Nutrition.

CONTACT:
Twitter @MarkSmithBB

“

**I NEEDED AN ADRENALINE RUSH;
SOMETHING THAT WOULD CHALLENGE
ME PHYSICALLY AND GIVE MY LIFE
SOME ROUTINE AGAIN.**”

good leg, I want them to see how hard I have worked on it.” It does, however, pose challenges. His prosthesis has a pressure limit of 150 kg, including body weight so he usually removes it and does heavy single leg movements.

“I hack squat and Smith machine squat although my balance isn’t good enough to squat in a normal rack,” he says. “I leg press, plus I make use of the seated kit for leg extensions, leg curls and calf raises. I’m happy to give anything a go; I want to be as able bodied as possible.

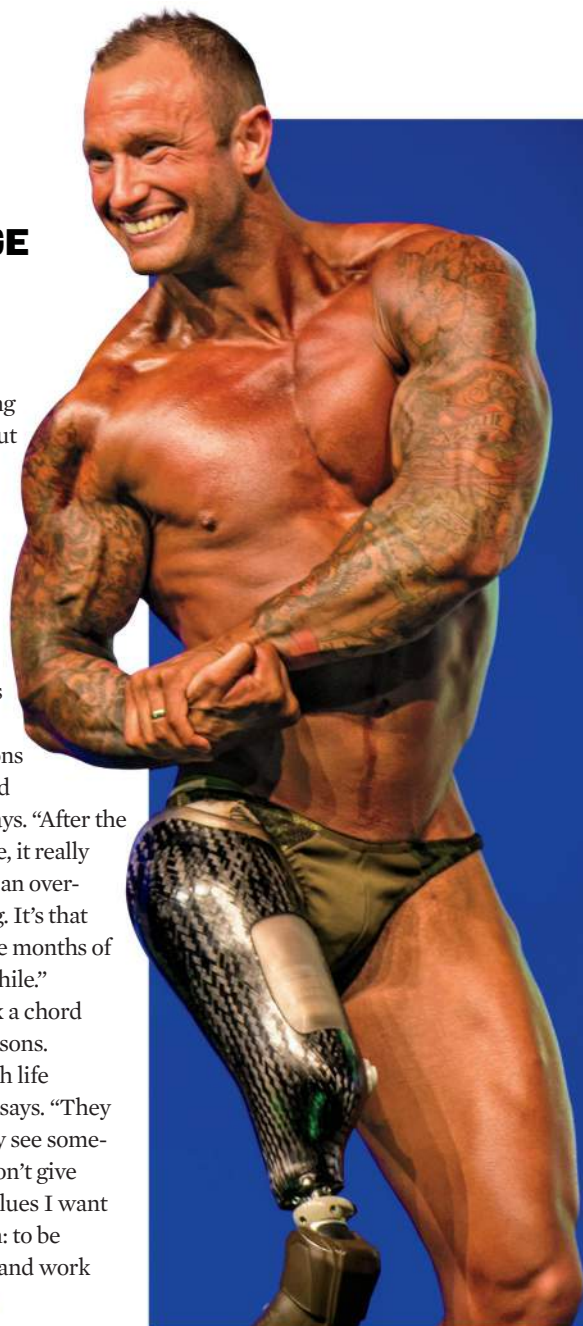
He says the gunshot wound to his shoulder actually affects him more. “I am missing an anterior deltoid, which causes some pain when overhead shoulder pressing or incline bench pressing,” he says. “But I still do them.”

Cardio is also challenging, and has led to some amusing experiments. “Walking for prolonged periods is uncomfortable because the exit wound scarring on my leg rubs on the socket of my prosthesis,” he says. “So I’ve tried hopping on crutches, which works OK. I’ve

also tried one-legged jumping on a children’s trampoline but that was short lived! Now I have settled on using a hand bike and swimming.”

Smith’s attitude, not to mention his physique, has impressed and inspired thousands of people around the world. Few bodybuilders have felt more love from the crowd. “In all my competitions so far, the compère has talked about my background,” he says. “After the audience has heard about me, it really gets behind me and it’s such an overwhelming, rewarding feeling. It’s that response that makes all those months of dieting and training worthwhile.”

His efforts have also struck a chord closer to home with his two sons. “They’ve seen me get on with life despite what happened,” he says. “They see me eat healthily and they see someone who is dedicated and won’t give up. These are the sorts of values I want my children to grow up with: to be determined and committed and work hard, no matter what.” **M&F**



SMITH’S LEG ROUTINE

EXERCISE	SETS	REPS
Leg extensions	5	15
Single leg hack squats	4	12
Leg press	4	12
Single leg Smith machine squats	4	12
Leg curls	4	12
Seated calf raises	4	12
Single leg standing calf raises	4	12

DAILY DIET

Meal 1: Oats and protein shake

Meal 2: (after training) Oats and protein shake

Meal 3: 100g chicken, 100g rice and 1 cup full of salad

Meal 4: 100g chicken, 100g rice and 1 cup full of salad

Meal 5: 100g chicken, 100g rice and 1 cup full of salad

Meal 6: 100g chicken and 1 cup full of salad

Meal 7: 100g chicken and 1 cup full of salad

Meal 8: Protein shake

SUPPS

THE LATEST IN SUPPLEMENT AND PRODUCT NEWS

Under the Microscope:

Taking a purely scientific look at the best products

in the world of sports supplements **BY TIM N. ZIEGENFUSS, PHD, FISSN**

ALLMAX NUTRITION - ISOFLEX
Consumers have many choices today with respect to protein. They can eat real meat, combine certain vegetables with complementary amino acids, or they can eat dairy sources (milk, eggs, etc). When it comes to protein powders, there are also many choices. Animal derived proteins (whey, casein, egg, goat, beef, fish), vegetable derived proteins (rice, hemp, soy, pea) and even hydrolysates (pre-digested peptides of whey and casein) are available. While there may not be a best choice for all people under all conditions, the most popular powder protein in the world by far is currently whey protein isolate (WPI). And for good reason.

Whey protein is the water-soluble portion of milk. Unlike whole milk, WPI has no lactose, cholesterol or fat, and this is the reason it is preferred by many consumers who are lactose intolerant and/or have problems with digesting protein powders. WPI is typically very high in protein content

(i.e. usually 90% or greater) in comparison to other forms of protein that can range from only 10-50%. WPI is high in L-cysteine, all nine essential amino acids (histidine, isoleucine, leucine, lysine, methionine, phenylalanine, threonine, tryptophan and valine), and all three branched chain amino acids (BCAA = leucine, isoleucine and valine). L-cysteine helps regulate blood sugar, decreases blood vessel inflammation and reduces exercise-induced oxidative stress. The BCAAs are useful for helping reduce muscle soreness and speeding muscle recovery from intense training. Leucine is probably the most important amino acid of all as it can increase muscle protein synthesis all by itself. This "leucine trigger" has been well documented and requires a dose of at least 2.5 grams per food or drink serving to stimulate muscle protein synthesis. In other words, make sure your protein powder (WPI or otherwise) has a minimum of 2.5 grams of leucine in it. When WPI is cold micro-filtered, it retains very important fractions from milk that other proteins sometimes

leave out. These native fractions (e.g., alpha-lactalbumin, beta-lactoglobulin, lactoferrin, various immunoglobulins, glycomacropeptide, etc) have immune-enhancing properties and help regulate over 200 different genes within our body.

WPI is considered a "fast" protein because it is absorbed and digested very quickly and causes sharp increases blood levels of amino acids that lasts for about 60-90 minutes. This is particularly useful for breakfast, and during the post-workout period, where a rapid delivery of amino acids to muscle can quickly reverse the catabolic effects of resistance exercise (in other words, WPI is a very effective stimulator of muscle recovery after training). WPI is also quite versatile in that its digestion and absorption can be slowed down by co-consuming it with heart healthy fats and/or foods high in fiber, or even simply mixing it with cow's milk (which contains 80% casein by weight - a "slow" protein). For example, a muscle-building between-meal snack might consist of WPI blended with a tablespoon of

natural peanut butter and a handful of mixed berries. Or a scoop of WPI mixed into milk.

In addition to being an effective muscle builder, there are other good reasons to use whey protein. These include improved satiety (feeling of fullness), regulation of blood pressure, increased high-density lipoprotein (HDL-cholesterol), and lowering of triglycerides. These effects can be variable however, and depend on the individual's background health status as well as their overall dietary and physical activity habits.

A few recent studies have demonstrated that in younger subjects, 20-25 grams of WPI is a high enough dose to maximize muscle protein synthesis. In older subjects however, 30-40 grams seems to be

necessary for the same effects in muscle. This is because as we age, muscles generally lose their responsiveness to anabolic stimuli.

“GRAM PER GRAM, WPI IS ONE OF THE HIGHEST QUALITY MUSCLE BUILDING PROTEINS ON THE MARKET TODAY.”

This is part of the reason it is so important to continue performing some kind of resistance exercise throughout life.

Gram per gram, WPI is one of the highest quality muscle building proteins on the market today. Although there may be times to use other proteins, or even a blend of proteins, cold-processed WPI is currently the “king” of single source proteins.

ARGININE is a conditionally essential amino acid found in meat, seafood, nuts and soy. Due to its role in nitric oxide (NO) production and as a

potential growth hormone secretagogue, arginine has enjoyed a rich history in sports nutrition. In one study, subjects given 6 g of arginine (along with other vitamins and amino acids) improved their time to exhaustion by 20% compared to the placebo group. Other studies have reported lower levels of ammonia and lactate when various forms of arginine are consumed prior to exercise. Despite these acute benefits, the effects of long term arginine supplementation on muscle growth and the acquisition of strength are quite variable. However, since arginine can be converted to creatine, citrulline, and agmatine (a signaling molecule that enhances blood flow), it is considered to be a very versatile amino acid.

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Bodybuilders know that the goal of every training session is to hit the iron, destroy a muscle group, initiate growth and increase strength. But, they also know that the ULTIMATE GOAL is to get to the edge of your limits and dominate them, it's that most satisfying feeling of a truly massive pump.



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IFBB fitness pro

Hometown:

Bound Brook, NJ

Occupation:

Biomedical
science teacher

**"MY GOAL IS
TO BE
STRONGER
TODAY
THAN I WAS
YESTERDAY."**

ROCK SOLID

Build sexy shoulders, arms, chest, and back while burning fat and toning your core with this 30-minute circuit

BY **ALYSSA SHAFFER**
PHOTOGRAPHS BY **JAMES FARRELL**

• **NOTHING SAYS CONFIDENCE** like a lean, sculpted upper body. From gorgeous delts to shapely biceps and back muscles, your top half is just as important as the bottom is when it comes to achieving a well-rounded physique. “The goal of this upper-body circuit is to use enough resistance to stimulate an increase in muscle and strength while keeping the intensity high enough to burn fat,” says IFBB figure pro Robynn Europe, a personal training manager at New York Health & Racquet Club in New York, who designed the routine. Doing the moves will challenge both your upper body and core while keeping your heart rate elevated. Do eight reps of each exercise in the circuit, taking minimal rest between moves. Complete the circuit three times. Remember to choose a weight that’s heavy enough for you to maintain proper form while reaching fatigue by the end of the final rep. Then step forward and flex—even if it’s just for fun.



1 SQUATTED CABLE ROW

(WORKS: SHOULDERS, BACK, BICEPS, CORE, QUADS)

- Set a rope attachment on a cable stack machine so it's about chest-high when you are in a squat position. Step approximately 3–4 feet away from the stack, holding the rope with your arms extended in front of you at chest height. Squat down, bending knees 90 degrees **(A)**.
- Retract your shoulder blades, then pull your elbows as far back as possible, keeping them close to your sides **(B)**.
- Straighten arms and repeat, remaining in squat throughout exercise.



2 BARBELL PUSH PRESS

(WORKS: SHOULDERS, CHEST, TRICEPS, CORE, GLUTES)

- Set a bar chest height at a squat rack (not shown). Using an overhand grip, place hands shoulder-width apart, gripping bar firmly, and step away from rack.
- Bend your knees slightly and explosively drive upward through your heels, pushing the barbell up and extending your arms overhead **(A)**; keep abs tight and weight centered over heels.
- Return barbell to front of shoulders, keeping both elbows pointed forward while bending knees slightly **(B)**. Repeat for 8 reps.



● ●
TIGHTEN YOUR ABS AS YOU PUSH UPWARD, KEEPING YOUR SPINE IN A NEUTRAL POSITION.

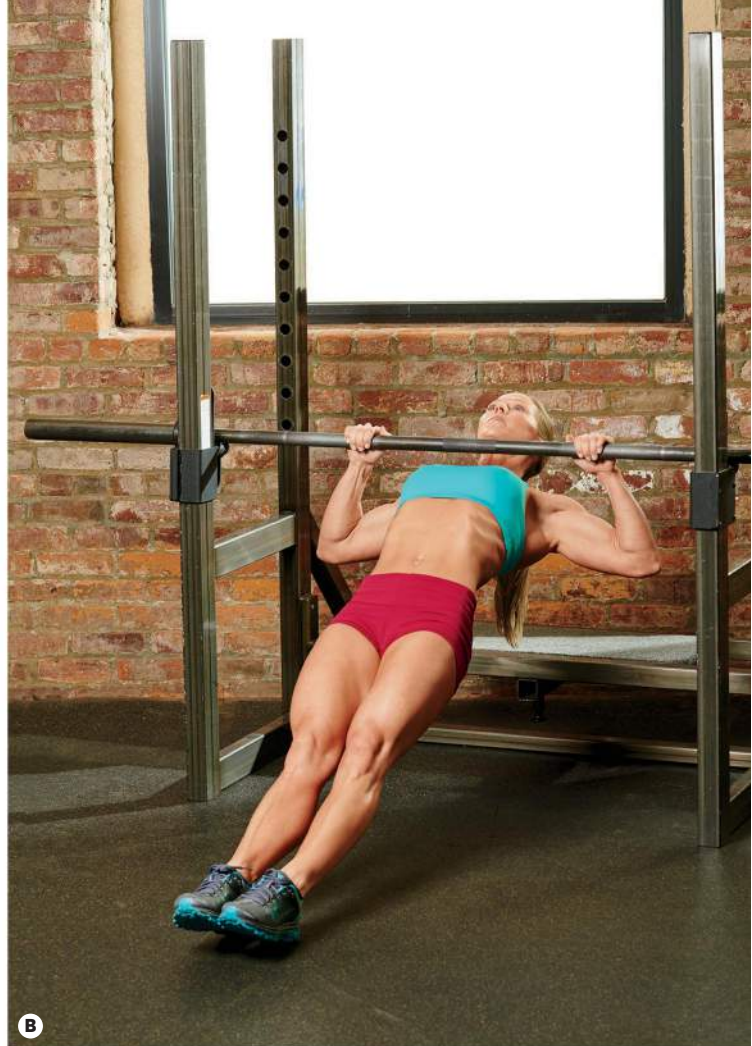


3 UNDERHAND BARBELL FRONT RAISE

(WORKS: SHOULDERS, CHEST, BICEPS)

- Stand with feet hip-distance apart, holding a light barbell in front of thighs in an underhand grip, shoulder-distance apart, palms facing up.
- Lift bar to shoulder height, keeping elbows slightly bent the entire time with wrists directly in line with the shoulders; tighten abs as you lift the bar. Lift for a count of one and slowly lower for a count of five. Repeat for 8 reps.

POINTING
YOUR ELBOWS
STRAIGHT DOWN
HELPS TARGET
THE FRONT OF
YOUR SHOULDERS



4 INVERTED ROW

(WORKS: BACK, BICEPS, CORE)

■ Set a bar on a power rack or Smith machine at about waist height (enough so your arms are fully extended when underneath it). Lie on the floor so the midline of your chest is directly underneath the bar. Place hands slightly wider than shoulder width on the bar, and lift yourself off floor **(A)**.

■ Keeping your body completely in a straight line from shoulders to ankles, retract your shoulder blades and pull your chest up toward the bar, flaring your elbows out to the sides **(B)**. Slowly lower back to the floor without touching and repeat for 8 reps.



5 V PUSHUP

(WORKS: SHOULDERS, TRICEPS, CORE)

■ Stand with your feet shoulder-width apart, arms at sides. Bend forward from hips, placing hands on floor, and walk hands about 2 feet forward. Bring your index fingers and thumbs together, forming a diamond. Lift heels off the floor, straightening your legs so your body forms an inverted V.

■ Bend elbows so they point down toward legs (not out) while lowering head as close as you can toward hands.

■ Straighten arms, keeping heels lifted and abs engaged. Do 8 reps.



DON'T FLARE YOUR ELBOWS OUT AS YOU LOWER DOWN.



6 WEIGHTED DIPS

(WORKS: TRICEPS, CHEST)

- Place two weight benches about 2–3 feet apart, or until legs are fully extended. Sit on one bench with hands a few inches from either side of hips, fingers facing forward. Place dumbbell between knees, resting calves and feet on second bench.
- Lift hips off bench, keeping arms fully extended and your tailbone close to bench (A).
- Bend elbows 90 degrees as you lower hips toward floor, keeping your body close to bench and elbows pointed behind you (B). Hold for a one count, then straighten arms; repeat for 8 reps.

7 PLANK WITH ARM RAISE

(WORKS: SHOULDERS, CORE)

- Begin in a plank position, forearms on floor with elbows directly under shoulders and legs extended, forming a straight line from head to heels (A).
- Inhale deeply. As you exhale, tighten abdominals and extend right arm straight ahead of you without moving the rest of your body (B).
- Inhale as you return to starting position, then exhale and extend left arm forward. That's one rep; do 8 reps.



● ● ●
KEEP ELBOWS DIRECTLY UNDER SHOULDERS, NOT AHEAD, BEHIND, WIDER, OR NARROWER.

8 BARBELL ROLLOUT

(WORKS: SHOULDERS, CORE)

- Kneel on the floor with hands shoulder-width apart on a plate-loaded barbell, abs engaged, and elbows locked (A).

- Push the barbell forward while lowering your torso toward the floor; keep arms straight and abs contracted, and squeeze glutes as you lower down as far as possible (B). Hold for a one count, then roll back to starting position. Do 8 reps.



EAT CLEAN, GET LEAN

Slim down and rock that new swimsuit with this satisfying and effective mix-and-match meal plan

DIET BY **LAUREN SLAYTON, M.S., R.D.** | PHOTOGRAPHS BY **BRIAN KLUTCH**

• **IF YOU REALLY WANT TO LOOK** (and feel) your best in an itty-bitsy two-piece, you have to pay attention to diet along with your workouts. But that doesn't mean spending half your day wanting to gnaw off your arm or munching on carrot sticks alone. "You can eat a variety of healthy, whole foods that will help you stay satisfied while reaching your fat-loss goals," says Lauren Slayton M.S., R.D., founder of Foodtrainers (foodtrainers.com) and the author of *The Little Book of Thin*.

Slayton's plan is strategically designed to help you control your cravings while you're blasting fat and building muscle. The beauty of this program: Simply pick from one of the suggested entrées under each main meal, then supplement with one or two snacks daily. Have about 4 ounces of protein per meal, 1 tablespoon of oil and about 2 cups of vegetables at both lunch and dinner, and 1 cup of fruit per day. (The menus here average 1,350–1,450 calories per day.) Aim for four fish meals a week. For the first two weeks, limit carbs to four to six servings per week (keep grains to a fist-size portion). During Weeks 3 and 4, cut that number to three per week or every other day. To make sure you're getting enough fluids, divide your body weight in half and drink approximately that amount in ounces (for a 140-pound woman, that's 70 ounces of water, tea, or other low-cal fluids).

One month goes fast when you have a smart plan to follow. After just four weeks, you'll have the confidence to pull off wearing even the teeniest bikini!



Breakfast

Eat breakfast within two hours of waking, and ideally include some protein in your meal. For all of these (except the smoothie) you can also add 1 cup of berries, pineapple, or papaya.

A 4–6 ounces of lowfat or 2% Greek yogurt with 1 tbsp hemp seeds and a sprinkle of cinnamon

Choose lowfat dairy rather than no fat—you need some fat to absorb vitamin D and help keep your appetite under control. Research also shows daily consumption of hemp seeds can help lead to a reduction in abdominal fat.

B 2 omega-3-enriched eggs (hard-boiled or cooked with ½ tsp coconut oil) plus ½ avocado and a dash of hot sauce

Omega-3 fatty acids can help increase fat loss as you shed pounds. The hot peppers in hot sauce help boost metabolism.

C Chia seed pudding

Chia seeds are hydrophilic, meaning they help to absorb water, so you feel more full. Having chia in the early part of your day can help you stay satisfied longer. To make this pudding, combine ¾ cup chia seeds with 2 cups almond milk, plus a dash of salt and some stevia and vanilla extract to taste. Stir, and let sit 30 minutes or overnight. (This recipe makes 3–4 servings).

D Protein shake/smoothie (Recipe: matcha colada)

This smoothie utilizes matcha, a powdered, antioxidant-rich green tea, along with other power foods like pineapple, avocado, and ginger. Blend 4–6 oz of coconut water (or just water) with ½ tsp matcha powder, adding in 1 cup of fresh or frozen pineapple or papaya, 1 scoop protein powder, 1 cup greens, ½ avocado that's peeled and roughly chopped, 1 slice peeled fresh ginger, 1 handful of ice cubes, and 6 drops of NuStevia sweetener. Blend well and serve.

E Lox and cream cheese

Skip the bagel in this traditional breakfast and you'll still get all the health and fat-loss benefits of the omega-3 found in salmon. Spread 1 oz organic cream cheese on 2 oz wild smoked salmon, roll and secure with toothpick, if needed.

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Lunch

Try to follow a four-hour rule for food timing: If you're up at 6 a.m., have breakfast by 8 and lunch by noon. Complete this midday meal with 2 cups of greens; steamed, roasted, or raw asparagus, broccoli, cauliflower, brussels sprouts or fennel; plus 1 tbsp of olive oil or coconut oil for cooking or dressing, if desired.

A Foodtrainers' green eggs

Make these simple frittatas in advance so you can grab-and-go on busy mornings. Preheat oven to 350°F. Spray four cups in a standard-size muffin pan with cooking spray. Divide 1 cup of sautéed kale between the cups. Whisk together 4 eggs; a ¼ tsp each of salt, smoked paprika, and chili powder; plus a dash of black pepper. Pour eggs evenly over kale in muffin cups; bake 15–20 minutes or until eggs are just set. Let frittatas cool in pan for 5 minutes; gently remove.

B 4 oz poached salmon or tuna and ½ avocado

Poaching salmon yourself is supereasy (just season and gently simmer in broth or water that just covers fish for a few minutes until opaque throughout), and it tastes great cold. If you're going with tuna, look for the jar versions, which eliminate the BPAs that can be found in can linings.

C Naked pesto turkey burger served with greens or leftover veggies

Skip the bun to cut down on your carbs, but keep the flavor by adding 1–2 tbsp prepared pesto plus 1 clove minced garlic to 1 lb ground turkey.

D Miso quinoa salad

Gluten-free quinoa is high in protein and fiber, so it will keep you feeling full, plus it's also rich in potassium and magnesium. Miso is a fermented soy that can help curb cravings. To make, blend together 3 tbsp of extra-virgin olive oil, 1 tbsp of white miso, 2 tbsp of rice vinegar, and set aside. In a large bowl combine 2 cups cooked quinoa, 3 cups steamed broccoli florets, 2 cups baby arugula, and ¼ cup raw sunflower seeds; toss in dressing and ¼ tsp salt.

E "Greek" curried chicken salad

Make a yummy chicken salad with Greek yogurt instead of mayo. The turmeric in curry has lots of disease-fighting antioxidants.

Dinner

The key with dinner is not to eat too much or too late: Try to close your kitchen 12 hours after breakfast. It's OK to have some carbs like sweet potato or bean pasta at dinner—carbohydrates help you relax before bed.

A Loaded sweet potato

Stuff a fist-size baked sweet potato with cooked kale (or any leftover veggies) plus a healthy fat like chunks of ½ avocado, and top with red pepper flakes.

B Zoodles and shrimp

Zoodles (aka zucchini noodles) are made easily with a julienne peeler or a vegetable spiralizer such as Veggetti. Simply toss with 1 tbsp prepared pesto or ¼ cup tomato sauce and 4–6 oz cooked shrimp.

C Spiced chicken and cauliflower

Sprinkle chicken cutlets with turmeric, a squeeze of fresh lemon, and pepper (which helps absorb the turmeric), and grill until cooked through. Steam or roast the cauliflower with a tbsp of olive or coconut oil.

D Fish in parchment paper

If you're afraid of cooking fish, try using parchment: Place a 4- to 6-oz serving of wild salmon or other fish on a square of parchment paper (18 by 14 inches) and top with fresh veggies (peppers and bok choy work nicely) and a ½-inch piece of fresh peeled ginger cut into matchsticks; sprinkle 1 tsp of rice vinegar over the fillet. Fold ends of parchment in to make a package and bake at 450°F for about 15 minutes.

E Bean pasta with broccoli and tomato sauce

There are a lot of "alternative" pastas out there. Those made from beans are naturally loaded with protein and fiber and nutritionally superior to whole-wheat options.

Snacks

Snacking is important to keep your appetite in check and your blood sugar from plummeting, but it's easy to overdo it. A midmorning snack is optional, especially if you're eating lunch within

four hours of breakfast, but the afternoon snack is key. Keep snacks to about 200 calories max.

A Green juice

Juicing is a great way to get tons of vitamins, but they can easily turn into calorie bombs. Stick to juices made with a maximum of one fruit so it's a vegetable juice, not a fruit juice. Excess fructose (fruit sugar) is easily stored as fat.

B Organic string cheese

Buying organic dairy is key—the last things you want at snack time are added hormones or antibiotics.

C Nuts

Nuts are a great snack choice in moderation. Some of the best options are walnuts, pecans, sunflower seeds, and pistachios. To keep from eating the whole bag, portion out your snack servings into a small container, such as a clean Altoids mint tin.

D Energy bars

Whole foods are always best, but there are times when it's simply easier to grab a bar. Look for ones with low amounts of sugar (less than 5 grams is ideal); good choices include Kind Strong Bars, Zing Bars, and Health Warrior Chia Bars.

E Jerky

Avoid traditional beef jerky sticks, which can contain MSG and other unwanted additives, and stick with some healthier alternatives, such as turkey or salmon. (We like Real Sticks Turkey Jerky from Vermont Smoke and Cure or Epic Bars made from bison, turkey, beef, or lamb.)

F Kefir

Similar to yogurt but higher in probiotics (the good-for-you bacteria that aid in digestion and boost immunity), kefir can also tame your cravings for something sweet. Have one cup of plain kefir, or add a drop of stevia if desired.

G SunButter and celery or apple

Like hemp, sunflower seeds contain a type of fat called linoleic acid, which can help cut down on body fat. Scoop 2 tbsp of SunButter onto celery or a sliced apple.

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Lo and behold

Jayne Lo is preparing to represent the UK in bikini fitness at the Amateur Olympia

BY JOHN PLUMMER

Hong Kong-born Jayne Lo moved to Britain in 2009 to study at Bristol University. She was a swimmer and distance running before switching to the bikini fitness category at bodybuilding contests. After winning a perfect three out of three this year, the personal trainer is now preparing for this autumn's British Championships and Amateur Olympia.

How does your weight today compare with your running days?

I weighed 50 kg to 52 kg when I competed in half marathons. Looking back I cannot believe how skinny fat I was. I blame the Asian media culture, framing the mentality of the Chinese in idolising skinny, shapeless, small framed and flat-stomached women. I much prefer my fuller and stronger physique.

Describe your training style.

I love strength training and testing my limit, but I also like the feeling of absolute death during a high prep lower body session. Luckily for me, team Body Novo head coach Grant Koch is a Westside Barbell-qualified strength and conditioning coach, and knows how to write programmes that get me stronger off-season and keep me strong until peak week. I still managed 90 kg sumo deadlifts for 7 reps one week out.

What's the secret to great glutes?

A mixture of lower body compounds and isolations, from a rep range of 5 to 20. Like any other muscle group, the mind-muscle connection is essential. It is so easy to activate the wrong muscle when training lower body, especially if you are quad-dominant like myself.

Describe a training week?

I am currently on a German volume training strength programme, with two main exercises and two assistance exercises 6 days a week.

Monday

10 x 5 Chin Up
10 x 5 Overhead press
4 x 7 One-arm row
4 x 7 Arnold press

Tuesday

10 x 5 Sumo deadlift
10 x 5 Hip thrust
4 x 7 Reverse lunges
4 x 7 Incline hyperextensions

Wednesday

10 x 5 Bent-over barbell row
10 x 5 Incline dumbbell press
4 x 7 Close grip row
4 x 7 Flat dumbbell press

Thursday

10 x 5 Box squat
10 x 5 Glute-hamstring raise
4 x 7 Forward lunges
4 x 7 Lying hamstring curl

Friday

10 x 5 Seated dumbbell press
10 x 5 Pull up
4 x 7 Preacher curl
4 x 7 Close grip bench

Saturday

10 x 5 Hip thrust
10 x 5 Romanian deadlift
4 x 7 Kettlebell swing
4 x 7 Lying hamstring curl

Sunday

Rest

No cardio whatsoever

Steady state cardio or HIIT?

HIIT if I had to pick. Despite my endurance background, I now prefer to do metcons or running sprints for cardio. However, coach Grant gives me little to no cardio during off-season and prep. If your coach knows his science and you stick to your macros and train 100 per cent you will never have to do cardio and still drop fat.

What do you eat pre-contest?

I still stick to the macronutrients Grant gives me but treat myself to meals out on special occasions or when I meet up with friends. Grant uses a flexible dieting approach so I could technically have a croissant and ice cream every day along with my prepped meals if I wanted to, as long as it fits my macros.



I much prefer my fuller and stronger physique.

NAME

Jayne Lo

AGE

24

PLACE OF BIRTH

Hong Kong

LIVES

London

HEIGHT

162.5 cm

WEIGHT

52 kg contest weight

CAREER HIGHLIGHT

Winning three out of three bikini fitness contests and qualifying for the Amateur Olympia.

AMBITION

To become an IFBB pro

TRAINING ADVICE

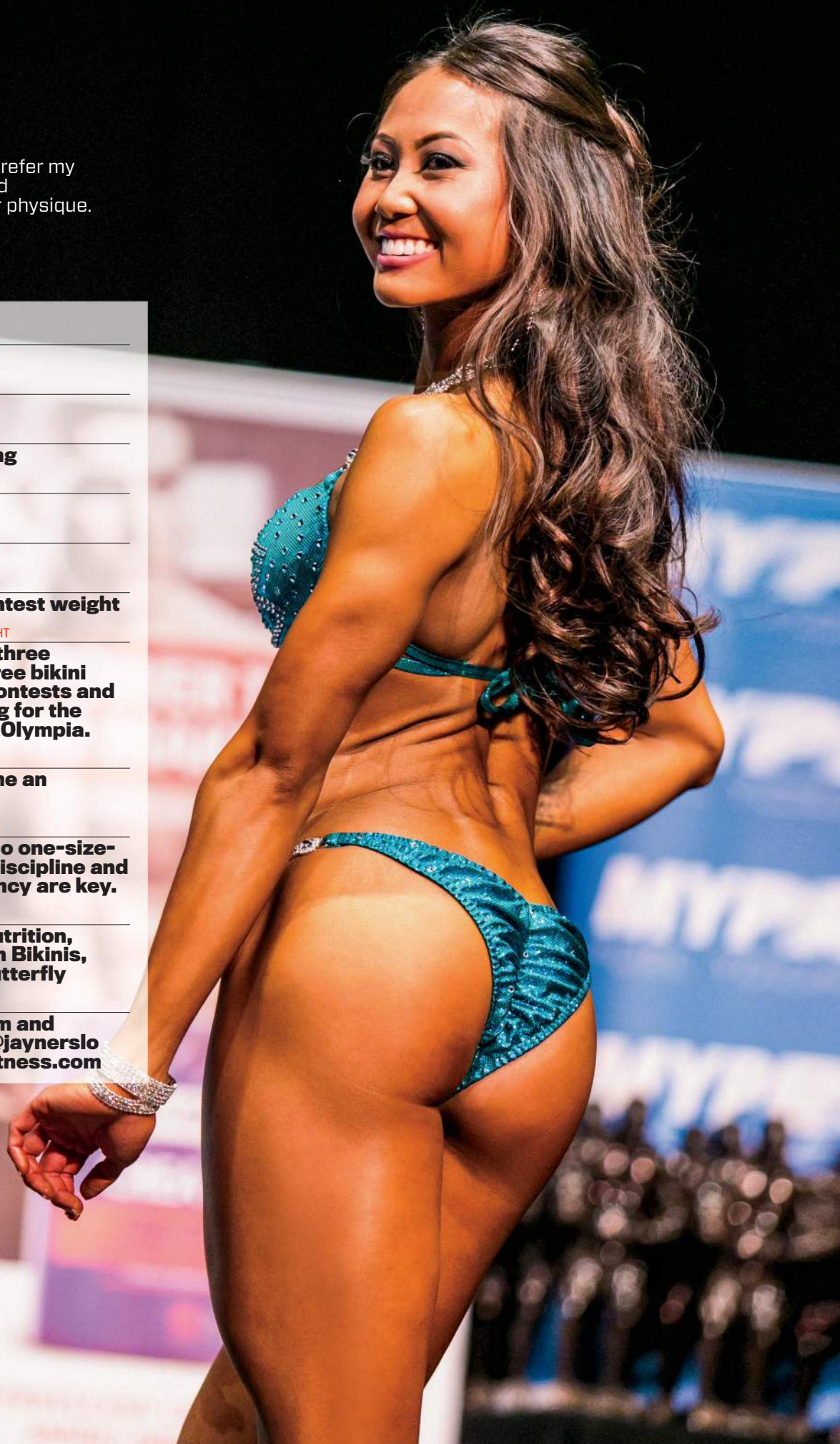
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CONTACT

**Instagram and Twitter @jaynerslo
jaynelofitness.com**



European leader

Josh Leader is a medical student with a gold-medal winning physique

BY JOHN PLUMMER

Josh Leader was Britain's sole gold medallist at this year's IFBB European Championships. Leader, who finished first in junior men's physique, is a busy guy: when he isn't training his body, he's training his mind to be a doctor.

M&F: How did you get into bodybuilding?

Josh Leader: I have always had a love for being fit, athletic and aesthetic. Prior to competing, I used to do a lot of fitness modelling. I was then recommended to try a competition and I used it as a goal to get in even better shape.

How does being a doctor combine with bodybuilding?

Science can be utilised to improve a physique as there is always a method to a process. There is no one-size-fits-all approach, however, and this is when people need to be clever about what information they chose to use and implement in order to achieve their own personal goals based on their genetics, lifestyle, background and makeup.

So does being a medic give you an advantage?

It gives me an advantage in that I follow a strict routine and that fits in nicely with bodybuilding. Nevertheless, as the workload has increased, it has been more difficult to balance the two. People often believe being a medical student means I get taught a lot about training and nutrition but all the information I have acquired has been from private reading, advice given by others or things I have tried and tested.

What does it mean to be European champion?

I am still pinching myself at the thought! I cannot quite believe it but it makes all those hours grafting in the gym and the long periods of dieting worth it!

How meticulous are you about your workouts?

My workouts constantly change based on guidance from Pat 'The Illusionist' Warner. We hit a variety of

angles with different rep ranges and tempos in order to keep the body guessing.

How do you get so lean?

I am extremely strict with my diet during competition prep. Everything is weighed to the gram. I attribute my leanness to a combination of extremely intense workouts and a diet that consists of very little sugar. Whenever I have any cheat meals, I make sure I record them so I know exactly how many calories I am ingesting and the macronutrient breakdown of the meal.

How much cardio do you do?

Twenty minutes post-workout low interval steady state on the cross trainer. I use the rotational aspect in order to work my core.

What do you eat in a typical day?

I keep it simple and clean. My protein sources are turkey, beef and cod and my carbohydrate sources come from Basmati rice, white potato, sweet potato and oatmeal.

You've made some great gains by the age of 22. Where do most guys go wrong?

I mainly attribute my success to pure consistency and dedication. It needs to become a part of your life. Most people do not listen to the advice given to them and I have been a culprit myself. Ever since I met Pat Warner, I have put my trust in him and evidently the results have paid off.

So what's your advice?

Sometimes you need to take a step out of your comfort zone. Nevertheless, I believe a lot of people get so many opinions from different people they end up implementing far too much. I would recommend having one or two people who you seek for advice.

This is why Pat gets me to see IFBB pro Karl Tierney on a regular basis for a second opinion. I cannot thank these two men enough.



Sometimes
you need
to take a step
out of your
comfort zone.

NAME

Josh Leader

AGE

22

BORN

**Watford,
Hertfordshire**

LIVES

**Radlett,
Hertfordshire**

HEIGHT

169.5 cm

WEIGHT

74 kg

CAREER HIGHLIGHT

**2015 IFBB European
Junior Men's
Physique champion**

AMBITION

**To become an IFBB
men's physique pro**

TRAINING ADVICE

**The only bad workout
is the one that did not
happen! Make every
rep count!**

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Weight Training vs. Cardio

British bikini pro **Michelle Brannan** on how she used weights to transform Jessica Turrent's body.

THE CLIENT

Like many women, Jessica Turrent piled on the pounds after she became a mother. When she got to a size 16, she decided to do something about it and managed to shed some fat by running and doing cardio at the gym.

Jessica, 37, then decided to completely change the way she looked. She set a goal of competing in bikini fitness and knew cardio alone would not be enough so she approached me.

MY DIAGNOSIS: TRAINING

The only exercise Jessica had done before motherhood was ballet as a child. She thought cardio was the way to regain her figure but although she lost weight she just became a smaller version of her old self, devoid of muscle and shape. She believed weight training would make her bulky and masculine but it is extremely difficult for women to build muscle naturally. With our lack of testosterone, we are not genetically predisposed to gain large amounts of muscle. But weight training can build enough muscle to sculpt a shapely body, which is why I advise all women to incorporate it into their programmes.

Weight training is also good because lean tissue (muscle) actually helps to burn calories. The more muscle you have, the more calories your body burns at rest, which speeds up the metabolism and makes it easier to stay lean. Just doing cardio can have the opposite effect by burning muscle and slowing the metabolism. I'm not saying cardio is bad but it's best combined with weights.

I therefore prescribed Jessica a 5-6 day a week weight-training programme complemented with cardio. I split her training into muscle groups to focus on creating a shape fit for the stage. Building a competitive physique is different to training just to look good or for weight loss; particular attention must be paid to balance, proportion and aesthetics.



Jessica Turrent looks better than ever at 37.



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Each week we varied the sets, rep ranges and exercises to prevent Jessica's body from adapting. My style of weight training is designed to not only build muscle but also burn calories in order to create a lean physique.

MY DIAGNOSIS:

CARDIO AND NUTRITION

In the run up to her contest, Jessica did cardio six days a week alongside her weight training. She mainly used the treadmill and cross trainer at various intensity levels.

Jessica's pre contest nutrition alternated between high protein, medium complex carbohydrate and low fats to a higher fat, lower carbohydrate diet to keep her body responding.

Her body adapted quickly so instead of constantly reducing her calories I changed the macronutrient split of her diet to prevent her metabolism slowing down. Her diet typically included lean meats, oats, rice, sweet potatoes, green vegetables, Greek yoghurt, eggs, whey protein and nuts. We allowed one off-plan meal per week.

THE RESULTS

After working with weights for about six months Jessica entered and won her first competition, which was the 2014 UKBFF Welsh Grand Prix. She entered the bikini fitness masters category for women aged over 35 years.

Later in the year she placed 9th of 40 competitors at the Arnold Classic Europe and 6th at the British Championships. Jessica now weight trains 5-6 times a week all year round and thoroughly enjoys her new fitness lifestyle.

ABOUT MICHELLE

Michelle Brannan is an IFBB bikini pro. She also runs a coaching team called Showgirl Fitness and the online training subscription resource BodySculpt Pro. michellebrannan.com.



JESSICA'S WEEKLY PROGRAMME

DAY 1: LEGS

EXERCISE	SETS	REPS
Superset Leg curl machine with leg extensions	2	20
Tri-set Wide-stance Smith machine squats, Narrow-stance Smith machine squat, Dumbbell Romanian deadlifts with toes elevated	4	15, 12, 10, 10
Superset Walking barbell lunges, Kettlebell squats	4 4	20 10

DAY 2: SHOULDERS

EXERCISE	SETS	REPS
Tri-set Seated dumbbell lateral raise; *Arnold press and dumbbell front raise <i>*use hammer grip and lift diagonally across the body</i>	4	15, 12, 10, 10
Tri-set Single-arm cable lateral raise, rear delt cable, and seated lateral raise	4	15, 12, 10, 10



QUICK TIP

Having muscle speeds up your metabolism and burns calories faster.

DAY 3: BACK AND CHEST

EXERCISE	SETS	REPS
Tri-set Wide-grip lat pulldown, V-bar pulldown, Bent-over rows	4	15, 12, 10, 10
Tri-set Chest press machine, Incline dumbbell press, Flat bench dumbbell pullover	4	15, 12, 10, 10

DAY 4: GLUTES AND HAMSTRINGS

EXERCISE	SETS	REPS
Stiff-legged barbell deadlift	4	15, 12, 10, 10
Tri-set Barbell Romanian deadlifts (10 wide, 10 narrow), Hamstring ball curls, Cable pull through	4	20
	4	15, 12, 10, 10
Superset Leg curl machine and barbell good mornings	4	15, 12, 10, 10

DAY 5: ARMS AND SHOULDERS

EXERCISE	SETS	REPS
Tri-set Close-grip barbell curl, Single-arm leaning away lateral raise, Standing overhead rope extensions	4	15, 12, 10, 10
Tri-set Seated incline dumbbell curl (one arm at a time), Triceps cable kickbacks (one arm at a time), Incline bench single-arm lateral raises	4	15, 12, 10, 10

DAY 6: GLUTES AND HAMSTRINGS

EXERCISE	SETS	REPS
Donkey kickbacks	4	15, 12, 10, 10
Dumbbell Romanian deadlift	4	15, 12, 10, 10
Cable kickbacks	4	15, 12, 10, 10
Barbell hip thrusts	4	15, 12, 10, 10
Single-leg press on Smith machine	4	20
Reverse hyperextensions with ankle weights	4	20



Connie Slyziut

Teenage bodybuilding champion and professional musician

Why Do You Bodybuild?

I like having muscle because it's different and you have to be so disciplined. That's why it's rare.

Reaction To Your Physique:

Some friends ask how they can look like me but I tell them everyone is different so what works for me may not work for them. You need advice from a good trainer.

Favourite Way To Relax:

Spending time with my boyfriend and going to the cinema.

Hidden Talent:

I play the viola professionally and also teach. Last year I was offered a scholarship at the Trinity Laban Conservatoire of Music and Dance in Greenwich.

Body Part That Gets Most Attention:

Definitely my legs! At the UKBFF London and South East Championships, where I won the bodyfitness class, people in the crowd were shouting 'quads' at me!

Sponsors:

LIFT-IT Worldwide and NutraKey

Contact:

Instagram @Connie Slyziut

AGE: 19

BIRTHPLACE:

Lithuania

LIVES: London

HEIGHT: 174 cm

WEIGHT: 65 kg

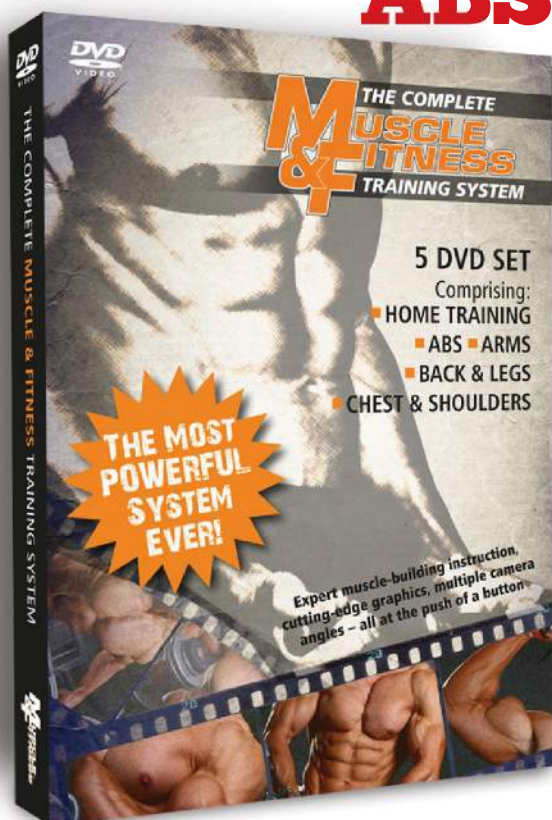
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A New Standard

JIM SMITH and JOE DEFRANCO's CPPS certification could change the way we view a trainer's credentials.

BY MATT TUTHILL

YOU'VE PROBABLY REALIZED

by this point that the letters after a trainer's name can't tell you everything you need to know. For every C.S.C.S. *D who trains pro athletes and is on the cutting edge of science, there seem to be many more bookworms with the same credentials who don't know a thing about writing a program for a real live person—and don't have any interest in training themselves.

I know this because I've been certified as both NASM-CPT and NSCA-C.S.C.S. These exams took a lot of time to prepare for, required me to learn a lot of scientific terminology, and yet I could have passed both by studying a textbook and never setting foot in a gym. Lest you think I'm trying to slam these organizations, both certifications served me well over the years and taught me a great deal.

With that said, I didn't know how much I didn't know until recently, when I attended a weekend seminar for a relatively new certification, CPPS, which stands for Certified Physical Preparation Specialist. Founded in 2011 by a pair of industry veterans with unimpeachable records, Joe DeFranco and Jim Smith, the CPPS aims to bridge the gap between book smarts and getting real-world results for guys like you and me.

"Joe D." and "Smitty" have a combined 40 years of training experience and have worked with countless pro athletes. Their YouTube channels and DVDs are go-to resources for personal trainers everywhere. They're both highly successful businessmen and gym owners, but



BRIDGING THE GAP

A CPPS seminar blends equal parts classroom teaching and hands-on instruction. Candidates must learn the science of training and demonstrate coaching skills.



STAR PUPIL
CrossFit star Christmas Abbott, flanked by CPPS co-founders Smitty (left) and DeFranco.

the creation of a new certification wasn't just a business move. Building a curriculum from scratch was a labor of love, and also a Herculean effort.

"Our goal was to add value and give coaches and lifters the confidence in our proven system to help their athletes and clients reach their strength goals safely and effectively," Smitty says.

In short, attending a CPPS weekend seminar puts you through somewhat of a gruelling two-day crash course in anatomy and physiology, breathing and warmup techniques, squat, bench, and deadlift form, sprinting mechanics, and comprehensive programming methods. Attending the seminar makes you a coaching candidate, and within 14 days you must complete a written exam and submit video evidence of yourself coaching a client through a wide array of exercises, individualizing your coaching cues to his or her specific limitations. The seminar I attended at

Great White CrossFit in Paramus, New Jersey, was sold out and attended mostly by working profes-

“WHEN YOU THINK YOU’VE GOT IT ALL FIGURED OUT IS WHEN YOU REALLY START SCREWING UP.”

sionals: personal trainers, high school and college strength coaches, as well as CrossFit athlete Kenny Santucci and women's CrossFit superstar Christmas Abbott.

The consensus at the end of Day 2 was that everyone had acquired an incredible amount of information to apply to both their clients' programming and their own training. In terms of time required, it can't quite match the full year it took me to read the massive C.S.C.S. textbook from cover to cover, yet I can say with confidence that it's a more comprehensive vetting process for trainers and strength

coaches than anything else I've seen.

To get ahead of some of the hate mail that could roll my way: I'm not saying that I now know more than anyone holding any other certificate. Letters of any kind don't give you a right to claim superiority over another trainer. Our group training director, Sean Hyson, C.S.C.S., has probably forgotten more about training than I know. Ditto our editor in chief, Shawn Perine. His certification lapsed years ago, but he lives and breathes health and fitness in a way unrivalled by anyone I've ever met. Hell, our executive editor, Arnold Schwarzenegger, doesn't have any training certifications and people still want his advice. I know. It's crazy, right?

So I'm not parading my shiny new letters around to say I'm better. What I'm saying is that spending a weekend with Joe D. and Smitty was the most valuable thing I've done for my own professional development. Concepts that I knew became ones that I finally understood and could apply appropriately. Specifically, overhauling my bench form is going to help me continue to make safe, long-term gains, and my warmups will never be the same.

If you ever wanted to get certified, check out the next CPPS seminar. If

you're already certified, it still behoves you to take a look.

Wherever you fall on the spectrum, please respect the fact that there's always more to learn. The only thing I know to be an absolute certainty is that once you think you've got it all figured out—in the gym or in life—that tends to be the moment you really start screwing things up.



MATT TUTHILL,
CPPS, is the deputy editor of *Muscle & Fitness*. Follow him on Twitter: @MCTuthill.

Scary Strong

At age 50, Doyle Wolfgang von Frankenstein, former Misfits axeman and current frontman for the punk-metal band Doyle, is a monster onstage and in the gym. **BY ZACK ZEIGLER**



M&F: Do you assume the role of security when a fan gets out of line while you're onstage performing?

Doyle: Search for that on YouTube.

We'll take that as a yes.

When I have to be the fucking

security it makes me 10 times angrier because then I gotta wreck someone, and I hate that.

What's your training regimen when you're on the road?

PowerBlocks [dumbbells] and an adjustable bench are the last things

to be loaded on to the trailer and the first things to come out. I'll do crunches on the bus...and then I usually train one body part per day. I don't count reps because it makes me tired, and I don't go for one-rep-max bullshit because all it does is mess up your joints and ligaments. I go to failure on every set.

Since becoming a vegan last year have you had trouble maintaining strength or size?

No, but I have noticed a difference in my digestion and metabolism. Every time I eat I need to find a bathroom. I was vegetarian [before becoming a vegan], so I only needed to lose the whey protein. Vegan food is just real food, and it's the best fucking food you'll ever eat. That's what sold me.

The stereotype is that touring with a band is a nonstop party. That doesn't seem like your M.O.

I'm not really a partier. I don't get high, I don't get drunk, and I don't fuck with groupies. I can't stand them. I have a girlfriend. I want to perform at a top level. Touring is a hard fucking job. People who come to the show, that's their party. After playing a show I want to shower and go to bed.

Your girlfriend, Alissa White-Gluz, is the lead singer of another metal band, Arch Enemy, so she lives the same on-the-go lifestyle as you. Is her commitment to fitness as strong as yours?

Alissa's situps routine is murder, and it makes me cry. I hate it, and she just laughs at me. She's introduced me to a lot of movements. Before meeting her I'd never done a lunge.

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